

What Can I Do About Bed Bugs?



Do I have bed bugs?

Bed bugs are a growing problem in all types of living situations. If you have seen bed bugs or have itchy bites that could be from bed bugs DON'T PANIC, but seek help quickly.

There are many steps that you must take to help get rid of bed bugs. Read on:

1. - Seek advice. Contact your building or facility manager and arrange for someone to check for bed bugs. If you see bugs, capture them on sticky tape or on a tissue and store them in a plastic bag in the freezer for identification. Insects found where you live could be one of many things. Don't assume that they are bed bugs. Do not move belongings until confirming you have bed bugs. See References for a list of Cooperative Extension diagnostic laboratories.

2. – Prepare to clean your living space thoroughly if someone confirms that bed bugs are present. Cleaning includes the following:

- Wash and dry all clothing on hot settings. Drying on HIGH for at least 30 minutes is more important than washing to kill bed bugs.
- Washing and drying bed sheets, blankets and pillow cases at high temperatures. Again, drying on HIGH is most important.
- Shoes, pillows, curtains, coats, plush toys can all be placed into a dryer at a medium to high temperature.
- Picking up and organizing your personal belongings to reduce the amount of clutter in your living space.
- Providing access to all walls, closets, space around the bed and furniture for an inspector to search for and get rid of bed bugs.
- Storing cleaned items in plastic bags away from the problem
- Vacuuming and washing the floors, or letting a cleaning crew come in to clean.
- Dispose of vacuum bags immediately, they will contain live bed bugs.

2. – Prepare to follow more thorough instructions given to you by the management. Prepare to cooperate and do what is required to eliminate bed bugs. Without your cooperation, the bugs will not be eliminated. There are no simple ways to kill bed bugs.

3. – Do not buy or plan to use any over the counter “bug bombs” or insect killers on your own. You will only spread the bed bugs further into your living space and belongings.

4. – Do not pick up discarded items on the street. Although there are many valuable items being tossed away, **today** many of these items, including clothes and shoes, are already infested with bed bugs. **Avoid taking these items. Any used furniture, even bought, should be inspected.**