



Stop Bed Bugs!

***There is not one answer**

- Refer to a pest management professional for any pesticide use (such as diatomaceous earth and heat treatment).
- Any store bought repellents should say “for bed bug use.”
- Use bed bug monitors/interceptors (plastic disk) that fit under bed posts and furniture legs. The monitors will not control bed bugs, but they allow you to monitor how many bed bugs are present and trap them in the well. (Look online for DIY options)
- Install mattress, box spring, and pillow covers. Instead of disposing a mattress, use a mattress cover that specifies “bed bug resistant.”
- Keep bedroom furniture an inch or two away from the wall, use light-colored bedding. Make your bed into an “island.”
- Wash and dry bedding and clothes in hot water and high heat (hot dryer for 30 minutes).
- Use a flashlight EVERY night to inspect for bed bugs on the mattress until you no longer see the bugs.
- Put clothes/bedding in garbage bags while cleaning the rest of house and/or transporting items to wash.
- Inspect used furniture thoroughly before purchasing.
- Use a vacuum to remove bed bugs (refer to stocking method).

Monitor, monitor, monitor!

Refer to www.stoppests.org for more information.