

# BED BUGS

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## What are Bed Bugs?

Bed bugs are insects that feed on blood. They are oval, flat, reddish brown bugs about the size of an apple seed.

## What Do Bed Bug Bites Look Like?

Bed bugs bite, move a few paces, and then bite again. Typically there will be 2 or 3 bites in a row.

## How Do I Get Rid of Them?

The only way to truly rid your home of bed bugs is to hire a *licensed* professional.

## I Can't Afford a Licensed Professional, What Now?

### 1, Declutter your home.

Get rid of old magazines, papers, anything that you don't need that can be used as a hiding place for critters.

### 2, Wash bedding, clothing, curtains, rugs and any other textiles that can be machine washed.

Use hottest setting possible on wash and dry. Let dryer run an additional 30 minutes after clothes are dry.

### 3, Vacuum *Thoroughly*.

- Vacuum the floors in the bedroom(s). Using crevice tool along exposed base boards and window seals.
- Run the brush of the Sweeper over top of the mattress,
- Using the crevice tool, vacuum especially closely around seams, tags, and in the quilting on the mattress. If there are any holes in the mattress, be sure to vacuum inside them too. Then flip the mattress over and repeat.
- Using a flashlight, closely inspect the mattress, if you find more bugs repeat the process.
- For the box springs, remove the thin piece of material stapled to the bottom (if there is one) and discard it in a garbage bag that can be tied shut.
- Using the crevice tool, vacuum around the seams and be sure to get inside the frame of the box springs and any flaps of fabric.
- Once the box springs are bug free move on to the bed frame and headboard.
  - Sweep head board and frame with the crevice tool. Pay attention to cracks and joints. Wipe it down with your favorite cleaner.
  - If you have a metal tube headboard, you can take it outside and run water through it to flush out the bugs. Let it air dry then place tape over any holes.
- Repeat this crevice sweeping process on dressers, night stands, tvs, smoke detectors and any other furniture in the room. Be sure to remove the drawers and sweep the insides and undersides of the dressers as well the insides undersides of the drawers. **REMOVE THE VACUUM BAG AND TAKE IT OUTSIDE IMMEDIATELY.**
- Repeat vacuuming at least weekly for 3 weeks even if you aren't seeing more bugs. Eggs hatch in 17days.

### 4, Consider purchasing the following items

- Mattress and box spring covers. Get ones approved for allergens. Use tape over the zippers. Keep on 1 year.
- Diatomaceous Earth Powder and an applicator. Puff the powder into cracks, behind baseboards, between box springs and mattress, on floor, around edges of carpets. This stuff is ground up rock, not a poison, but it will help control the bugs by killing the ones that crawl through it. Follow instructions on package.
- Climb up Interceptors. Put these cups under the legs of your beds. They will catch bugs before they can crawl up to your mattresses. To be effective, make sure your bed is pulled out away from the wall, and no bed skirts are touching the floor or wall.

### 5, Go to [centralohiobedbugs.org](http://centralohiobedbugs.org) for more tips and information.