

## How to Treat Bed Bugs



1. **Report issue to your landlord.** Ask them to spray pesticides.
2. Do not sleep on the floor. **Get a frame for your bed.** Metal frames are best.
3. **Move your bed away from walls.** Bugs can crawl up walls.
4. **Do not let blankets touch the floor.** Bugs can crawl up blankets.
5. **Buy protective sheets** and seal your mattress and pillows.
  - You can buy these at Walmart or online.



6. Vacuum regularly. Only use vacuum cleaners with **disposable bags**.
  - **Vacuum the entire floor** all the way into corners and under furniture.
  - **Vacuum furniture** as well as carpet. A vacuum with a hose is best. Vacuum under cushions and in the crevices. The hose will reach into corners and crevices where bedbugs like to hide and lay eggs. **Vacuum your bed and bed frame.**
  - Vacuum cracks in the floor and walls. Bed bugs live in very small spaces.
  - **Empty the vacuum outside into a sealed plastic bag** and throw in the dumpster –this gets the eggs out of your home.





7. **Heat kills bed bugs.** Wash all clothes and bed sheets/blankets in hot water. But hot water is not enough – **you HAVE to use a dryer.** If you do not have a dryer go to a Laundromat.

8. Put clean clothes into sealed plastic bags. Buy large Ziploc bags to store clean clothes in as soon as they come out of the dryer.



9. Buy **Diatomaceous Earth** to help kill bed bugs (if there are young children in the home who might accidentally eat this, do not use it). You can buy this at a hardware store.

- Spread diatomaceous earth along where the floor meets the wall.
- Put diatomaceous earth behind light switch and electrical outlet plates.
- Bugs like to live in warm places (around computers, DVD players, etc.); spread diatomaceous earth under and around electronics.
- Spread under rugs and in dresser drawers.
- Place bowls of diatomaceous earth under each bed leg. Bugs will not walk through it and won't be able to climb up the bed legs.
- **Thin layers** of diatomaceous earth work best. Bugs will avoid heavy piles; walking through the earth is what kills them.

