

How to Treat Bed Bugs



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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 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** on high heat. If you do not have a dryer 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.

