



Bed Bug Checklist for Tenants

Do you think you have a bed bug problem? Are you...

- 1) Waking up with bite marks, usually in a line or circle?
- 2) Seeing red smears or stains on your sheets, mattress or other furniture near your bed?
- 3) Seeing live or dead bed bugs through a magnifying glass?

Using this checklist can help you figure out what the next steps are for you.

What can you do?

Right Away:

- Pull bed away from wall
- Wash bedding, clothes and other items believed to be infested on highest wash temperature and then dry in dryer for at least 30 minutes.
- Put other clothes, bedding, and other items in dryer for at least 30 minutes on HIGH heat.
- Vacuum on a regular basis.
- Remove vacuum bag or contents and place into small plastic bag, seal tightly and dispose right away.

Over the next few days:

- Buy a bed bug mattress and/or box spring cover.
- Caulk all cracks and crevices, such as along baseboards and around windows.
- Paint or seal your headboard/bed frame AND nightstand.
- Eliminate clutter.
- Do not store items under the bed.
- Continue to vacuum at least once daily.
- Launder clothing and bedding regularly.

If the problem remains:

- Steam clean.
- Use least-toxic bed bug products where appropriate.
- Consult with a professional to aid in eradication.



IF YOU SUSPECT BED BUGS IN YOUR HOME: Do's and Don'ts.

DO:

- DO** call your landlord.
- DO** talk to someone who can help like:
Local or State Health Department
University Extension Office.
- DO** always follow directions when using pesticides.

DON'T:

- DON'T** throw away your furniture.
- DON'T** panic.
- DON'T** use a bug bomb.
- DON'T** use pesticides not approved for bed bug
- DON'T** spray mattress or self unless pesticides are labeled for such use.