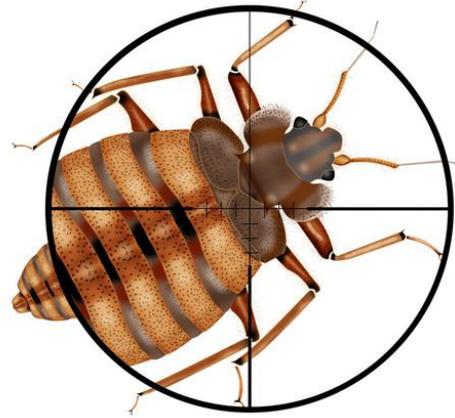


Things you can do to **GET RID OF BED BUGS**



Effective treatment for bed bugs requires that residents, building managers and pest control professionals all work together.

When working with a pest control professional, you will receive instructions on what to do to prepare your home for your bed bug treatment. Here are some important steps you can and should take immediately.

- ***Report bed bugs to your building manager immediately***



Early treatment by a professional pest management company is the most effective way to get rid of bed bugs. Bed bugs breed and spread quickly. Delays in reporting bed bugs will make the treatment effort longer and harder for you, the building manager and the pest control professional.

- ***Reduce clutter***

Clutter provides a perfect place for bed bugs to hide. It also makes bed bug treatment more difficult. Unwanted items (old magazines, packaging, broken items, etc.) should all be thrown away by placing them in a plastic garbage bag and tying it shut. These bags should be disposed of outside of the building.



All other items including items in boxes will need to be inspected. Items found to be pest-free during the inspection should be placed in a sealed plastic bag or bin. The use of clear bags and bins will help prevent these items from getting mixed with items being thrown away.

Items that need to be treated should be left in the infested area.

- ***Remove bed bugs using a vacuum***

An effective way of removing bed bugs is vacuuming. It gets rid of eggs, as well as live and dead bed bugs.

Vacuum around all mattresses, box springs, bed frames, upholstered furniture, base boards, dressers, cabinets, carpets, and drawers. Be sure to vacuum the corners, folds, seams, and crevices.

DO NOT lift the mattress or box spring and place them against a wall. This can scatter bed bugs, making them harder to control.



After each vacuuming, put the vacuum cleaner bag or the contents from the canister in a plastic bag. Seal it tightly and throw it away in an outdoor garbage bin

- ***Remove bed bugs by laundering***

Laundering clothes, bedding and other washable items at high temperatures is a relatively simple way to kill bed bugs and bed bug eggs.

Wash laundry in the hottest water that the fabrics allow. Dry laundry in the dryer on the hottest setting and continue to tumble the laundry in the dryer on the hottest setting for an additional 20 minutes after the items are dry. It is the heat of the dryer that will kill bed bug and eggs.

Items that are not dirty should be put in the laundry dryer at the high setting for 30 minutes. (More laundry instructions are available in the "Laundry: An Important Tool" fact sheet)

- ***Protect you and your bed from bed bugs***

Put mattress and box spring encasements on your bed to totally enclose your mattress. This will prevent new bed bugs from getting into or out of the mattress and box spring. The clean, white encasement also makes it easy for you to inspect for bed bugs.

Make sure you get encasements designed for bed bugs. The encasement should stay on your bed forever.

Move the bed 15 cm (6 inches) away from the wall, so that bed bugs can't get onto the bed by climbing up the wall. Be sure no blankets or bedding touches the floor.

Put bedbug interceptor devices or glue pads under all of the legs of your bed. These will stop bed bugs from crawling up onto your bed from the floor. For platform beds you can put a long piece of double-sided carpet tape all the way around the outside of the bed.

Getting rid of bed bugs takes cooperation. Following these steps will help you get rid of bed bugs and work effectively with a professional pest control company.

Got questions or concerns? Talk to your property or building manager.

Produced in co-operation with



For more information on bed bugs, visit www.hamilton.ca/bedbugs