

TOP 10 TIPS TO PREVENT OR CONTROL BED BUGS



#1 Learn How to Identify Bed Bugs.

Not all small, oval, reddish-brown bugs are bed bugs. Read through the list below to learn how to identify bed bugs in your living space. Most bed bug bites are found on the hands, arms, face, and neck. They cause itchy bumps that can resemble a rash or an allergic reaction. Bed bugs hide in bedrooms or other warm, hidden locations.

- Adult bed bugs look like apple seeds with legs.
- Young bed bugs, also known as nymphs, look similar to adults but are smaller.
- Newly hatched nymphs are about the size of poppy seeds.
- Bed bug eggs are tiny, white, and can be hard to spot.

#2 Don't Panic!

It can be difficult to eliminate bed bugs, but it's not impossible. Don't throw out all of your things because most of them can be treated and saved. Throwing stuff out is expensive, may spread the bed bugs to other people's homes and could cause more stress. Instead, move on to step #3 to seek assistance and get directions from your property manager.

#3 Tell Your Property Manager Right Away.

Your property manager can contact the pest control company to set up a time to treat your living space. There is no shame in seeking help when dealing with a bed bug infestation. Bed bugs are not an indication of having a "dirty" apartment. They are notorious hitchhikers and commonly spread from one location to another. It is important to report any sightings right away so that the infestation can be taken care of before it grows and spreads even farther.

#4 Reduce The Number of Hiding Places - Clean Up The Clutter.

While a cluttered home is not what attracts bed bugs, it does provide more places for them to hide and makes locating and treating them harder. Clean up any clutter around resting areas like beds or couches, and make sure not to store items on the floor near baseboards. This will make treatment easier and faster should a new infestation occur. Bed bugs cannot jump or fly, so leaving your bedroom furniture an inch or two away from the wall will help to limit their hiding places.

#5 Inspect Your Furniture & Bedding Regularly.

Check all your furniture for signs of bed bugs. Begin your search with furniture that has cracks or is used, vintage or antique. Once you make sure they are not infested, put mattresses and box springs in encasements like mattress safe covers. Mattress covers are zippered casings that enclose an entire mattress.

These casings should be made from top-quality fabric, typically cloth, so it's durable and resistant to tears and folds. They have no folds around the zipper in which bed bugs can find shelter.

BED BUG PREVENTION TIPS

#6 Vacuum Your Floor Frequently.

Bed bugs aren't only found in and around the bed. Bed bugs often hide within your carpet, so it's important to thoroughly vacuum your carpets to ensure all bed bugs have been eliminated. Vacuum all mattresses, box springs, and floors (especially along baseboards.) This can eliminate a bed bug infestation before it gets out of control.

After you have vacuumed the floors, remove vacuum bag, place in a sealed trash bag and dispose in an outdoor garbage can. This will prevent the bed bugs from escaping and getting back into your home.

#7 Regularly Wash and Heat Dry Bedding.

This includes sheets, comforters, blankets, pillows and any clothing that regularly touches the floor. Washing and drying on high heat can reduce the number of bed bugs. Bed bugs and their eggs can hide in laundry containers/hampers, so remember to clean them as well when you do the laundry.

#8 Check Your Pets for Bed Bugs.

Like human bedding, bed bugs can be attracted to your pet's bed where they can also find warm crevices to lay eggs and feed. Make sure to monitor the area where your pet sleeps, and inspect the bed and areas around the bed. If possible, regularly wash the pet bed on the highest heat and dryer settings.

#9 Always Inspect Used Items.

Used items, even harmless products like electronics, can be perfect hiding spaces for bed bugs. Even if something "looks clean", you should always perform basic checks to any used goods that you plan on bringing into your home. Check the vents on all used electronics before purchasing.

#10 Don't Pass Your Bed Bugs on to Others.

Bed bugs are good hitchhikers. If you throw out a mattress or furniture that has bed bugs in it, you should slash or in some way destroy it so that no one else takes it and gets bed bugs. Be mindful when visiting with neighbors in your building. Limit guests when you have an infestation in order to prevent them from bringing bed bugs back to their own home.

LEAVE TREATMENT TO THE PROFESSIONALS.

Your property manager has plans set in place to deal with pest infestations. By contacting them as soon as you see an issue, you will help to keep your home and the rest in your building safe and healthy.