

Community IPM

Bed Bug Management—One Step at a Time!

Step 1: Inspection

Matthew Frye, New York State Integrated Pest Management Program, Cornell University

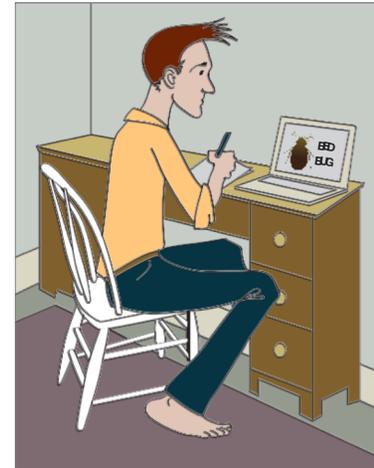
1 Sleep tight.



2 Is that a bite?



3 Could it be bed bugs? 4



New York State
Integrated Pest Management
Program



Cornell Cooperative Extension

5

Inspect your bedroom:
knife, flashlight, pill jar,
sandwich bag,
screwdriver, tweezers,
contractor bags.



6

Inspect cracks and
crevices near the bed,
including floor molding
...



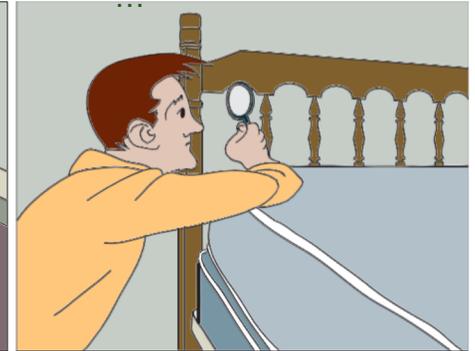
7

... electrical outlets
and switchplate
covers ...



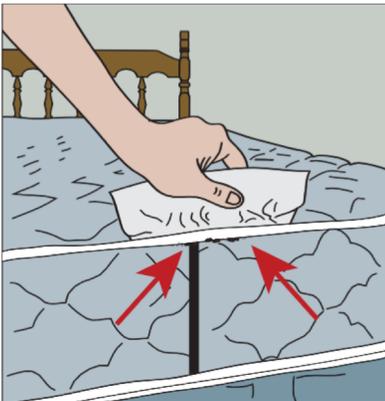
8

... the bedframe
and headboard
covers ...



9

... under the
mattress tag
...



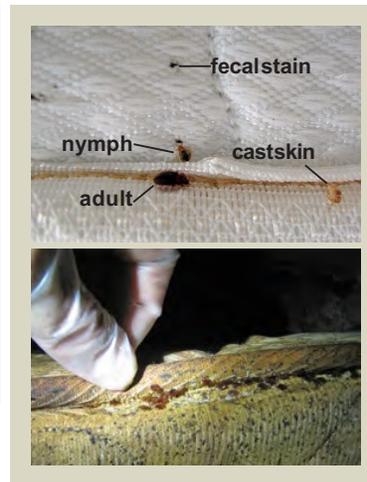
10

... seams on the
mattress and
boxsprings.



11

Bed bug evidence

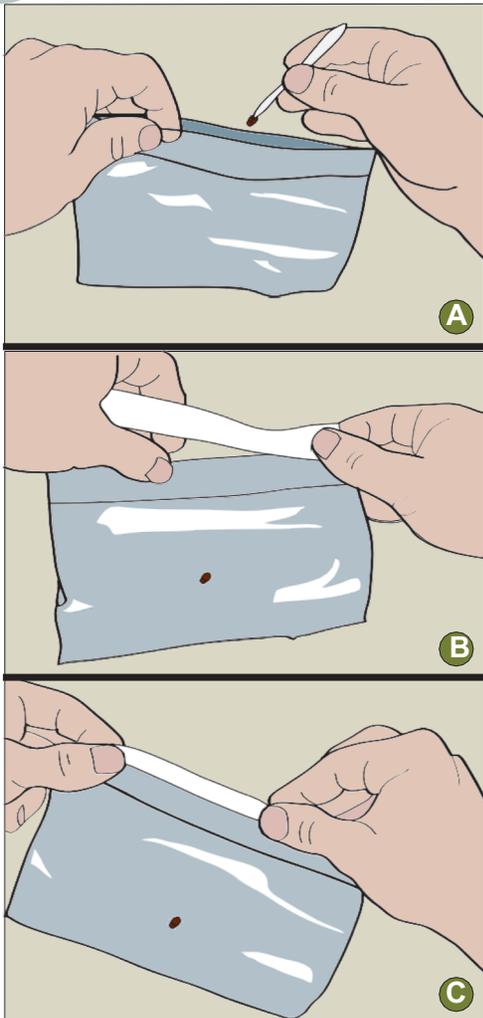


12

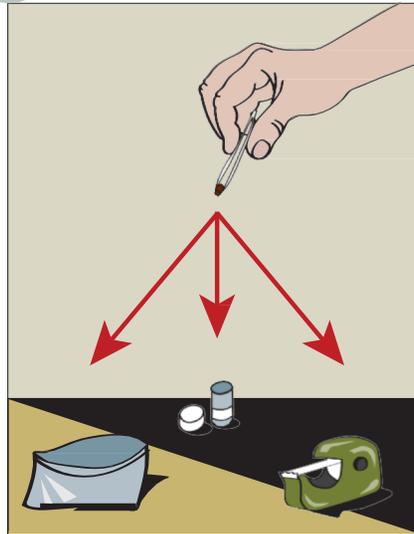
Don't worry!



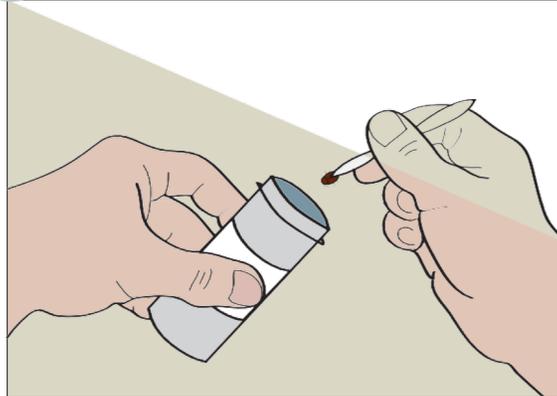
14 Seal insect in a plastic bag ...



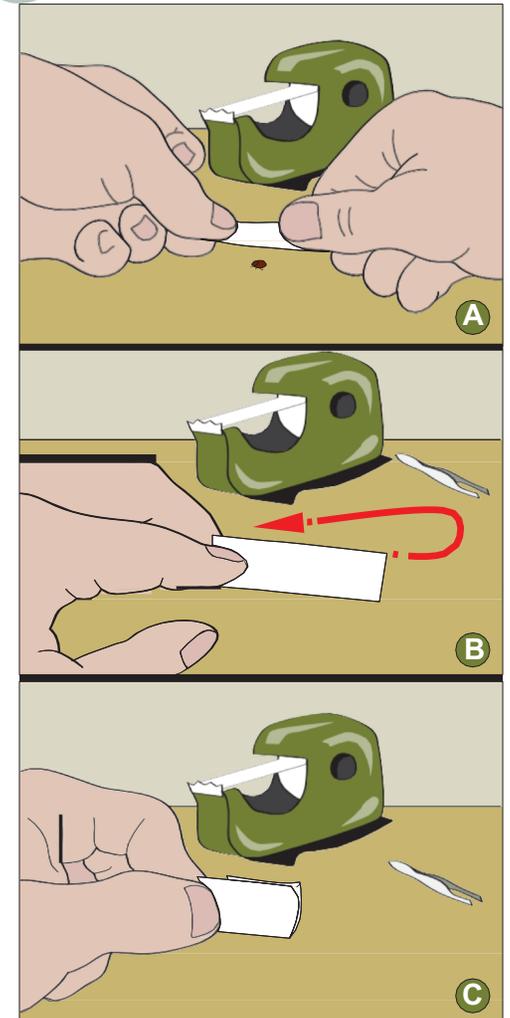
13 Collect a sample.



15 ... or place insect in a pill jar ...



16 ... or seal insect in clear tape.



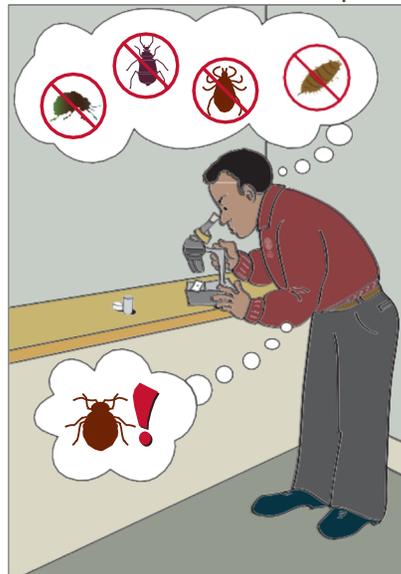
17 Visit a county Extension office, or give sample to property management or pest control technician



18



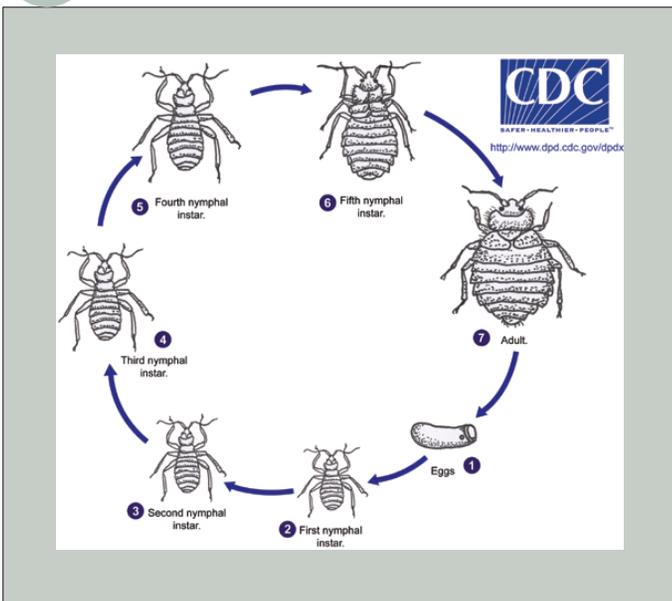
19 Other insects may look like bed bugs. Correct identification is important.



20 Learn about bed bug biology.



21 Life stages of the bed bug.



22 Bed bug bites itch ...



23 ... but they are not known to transmit any disease.



24 Time to make a plan.



25a Do it yourself...



25b ... or call a qualified professional.



Bed Bug Management—One Step at a Time! **Step 2: Get Rid of Clutter**

Matthew Frye, New York State Integrated Pest Management Program, Cornell University

1 Bed bugs hide in clutter.



2 Put everything washable in heavy-duty garbage bags.



3 Don't overfill—bugs could escape if bags tear open.



4 Close bags with a knot, then ...



5 ... seal with duct tape.



6 Say no to clutter near the bed.



7 Now your room is clutter free— keep it that way!



Bed Bug Management—One Step at a Time! **Step 3: Vacuum Here, There, Everywhere**

Matthew Frye, New York State Integrated Pest Management Program, Cornell University

1 Vacuum often where people sleep.



2 Use the crack and crevice tool in corners and on carpet edges ...



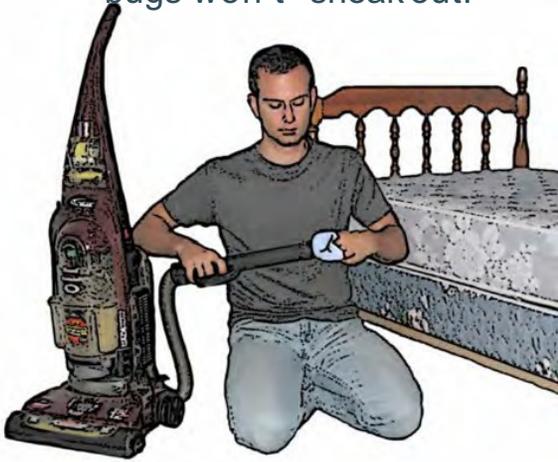
3 ... and on mattress and box springs seams.



4 Use the brush tool (*brush hard!*) to break loose bugs—and their tiny, hard to see eggs.



5 Plug the hose end with a thick, wadded towel so bugs won't sneak out.



6 Place vacuum bag in a trash bag— or empty the canister into the bag.



7 Knot the bag tightly ...



8 ... and put it in the trash—outside.



9 Wash the crevice tool, brush (and anything else you used) in hot, soapy water.



Bed Bug Management—One Step at a Time!

Step 4: Clean Mattress and Bed Frame

Matthew Frye, New York State Integrated Pest Management Program, Cornell University

- 1 Use a steam cleaner on the mattress and boxspring.



- 2 Steam (140 degrees) kills bed bugs on contact only.



- 3 Use the brush or crack and crevice tool to apply steam directly to push items.



- 4 Clean hard surfaces with warm, soapy water and a soft-bristle brush. Use orange, lemon or pine-based soaps.



Bed Bug Management—One Step at a Time!

Step 5: Heat Treat Everything That's Safe to Wash

Matthew Frye, New York State Integrated Pest Management Program, Cornell University

1

Take clothes, small rugs, stuffed toys to laundromat in sealed heavy-duty garbage bags



2

Empty bag into dryer first—before washing.



3

Tie the bag closed with a tight knot.



4

Set the dryer on *high heat* for 40 minutes.



5 Put bag in trash outside.



6 Wash items as needed; follow label instructions.



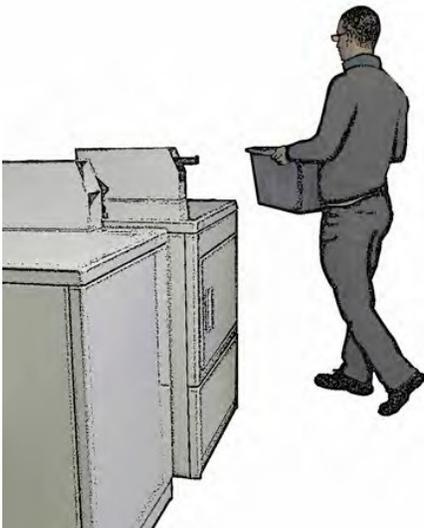
7 Keep clothes basket off the floor—and inspect before filling.



8 Dry items as needed.



9 Fold laundry at home.



10 Store clean items separately (be sure lids fit tightly) till bugs are gone.



Bed Bug Management—One Step at a Time!

Step 6: Make Your Bed an Island

Matthew Frye, New York State Integrated Pest Management Program, Cornell University

- 1** Everything that touches your bed helps bugs find you.



- 2** Take off blankets, sheets and pillowcases and wash them (See Step 5).



- 3** Put “encasements” on your mattress and box spring.



- 4** Certified encasements have a special zipper to eliminate seams/folds.



- 5** Pull bed away from wall — three inches is fine ... Move furniture away too.

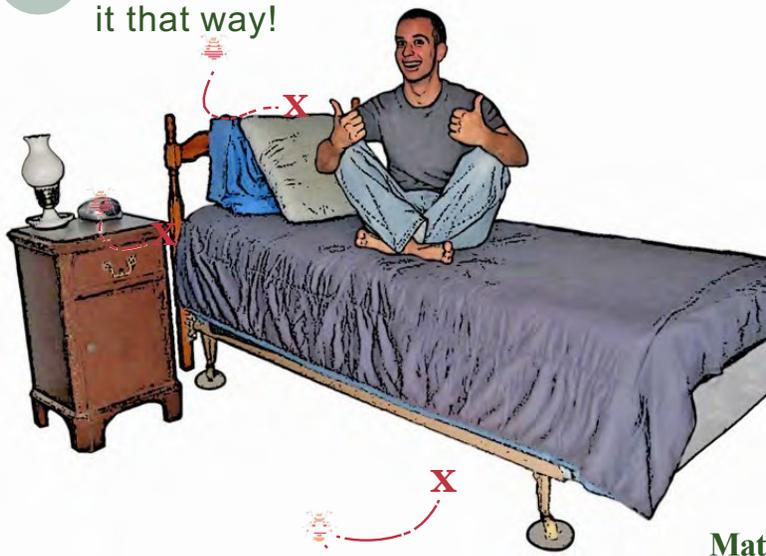


- 6** Put climb-up barriers on bed legs.



7

Your bed is now an island — keep it that way!



Bed Bug Management—One Step at a Time! Step 7: How to Dispose of an Infested Mattress

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1

Are bed bugs on your mattress?



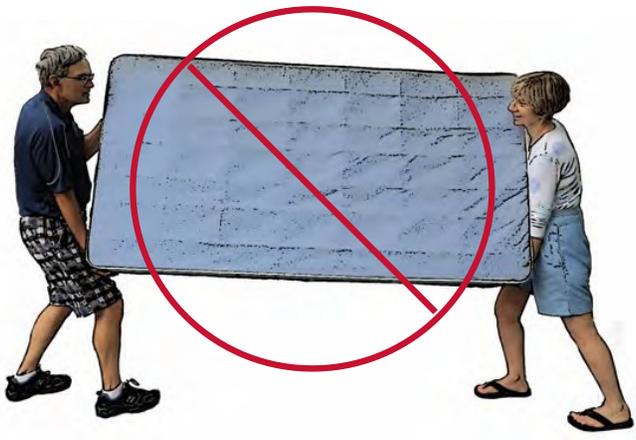
2

Look for evidence.



3

Do not move an infested mattress! This can spread bugs to other rooms.



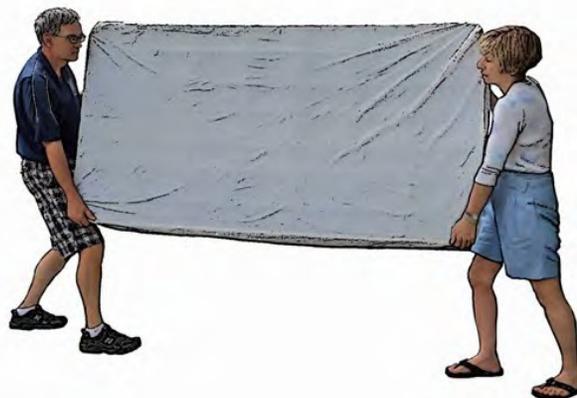
4

Cover infested mattress and box spring with plastic mattress bag.



5

Covers prevent bugs from falling off and infesting other rooms.



6

Stop the spread! Let others know NOT to take your mattress.



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