

Community IPM

Bed Bug Management—One Step at a Time!

Step 6: Make Your Bed an Island

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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!



The next step is *How to Dispose of an Infested Mattress.*



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For more information, see: *What's Bugging You? Bed Bugs*



See all Steps in this series: *Bed Bug Management—One Step at a Time!*