

# Fact Sheet

October 2008

## What to do.....if you live in a building with bed bugs

- **Educate yourself**—learn how to identify, treat and prevent bed bugs
- **Monitor**—check for bites on your body and blood stains on linens and clothing
- **Get rid of clutter**—bed bugs thrive in a cluttered environment
- **Pest proof your home**—eliminate bed bug hiding places by sealing all holes and gaps in baseboards, pipes and cover plates
  - Use caulking gun and tube of caulking for base boards and trim
  - Use expandable foam for areas around drains and water pipes
  - Use kick plates and weather stripping for doors
- **Don't hesitate; take action**—if you find any evidence of bed bugs, immediately contact your landlord or property management and request pest control treatment
- **Preparation is key**—thorough and proper preparation prior to pest control treatment is key to successful bed bug control
- **Make your bed an island**—encase your mattresses, box springs and pillows in covers or mattress encasements
  - Remove bed skirts and make sure sheets do not touch the floor
  - Apply carpet tape to corner posts or place corner posts on glue boards that have been taped to the floor
  - Place each bed leg in an empty tin can filled with petroleum jelly

### Inspecting your bed

- √ Use a good flashlight
- √ Remove all linens
- √ Pull the bed four inches away from the walls
- √ Check bedding, mattress and box spring (both sides), and seams, folds in fabric and frame for blood spots, live bed bugs, dead bed bugs, eggs, and fecal matter