



## **Protect Yourself. Get Informed. Stop the Spread.**

Helping New Hampshire communities become and stay bed bug free.

### **I think I have bed bugs - what do I do now?!**

**\*\*Remember:** To get rid of bed bugs, contact a professional pest control operator who is committed to **Integrated Pest Management\*\***

- **If you are a tenant:** Contact your landlord so he/she can contact the proper pest control operator.
- **If you are a landlord or own your own home:** Check out Bed Bug Central for a list of pest control operators in your area who have been certified Bed Bug FREE:  
<http://www.bedbugcentral.com/bedbugfree/>
- **The pest control operator will ask you to prepare for the treatment. To do so, gather all clothing and bedding and run them a full cycle of the dryer on high heat** (at least 140 degrees) for at least 20 minutes. You can wash the items before if you wish, but it is the drying (heat treatment) that kills the bugs and the eggs. Put cleaned items in sealed plastic bags until after treatment.
- **Also prior to treatment, clean up all clutter** - keep things off the floor and don't store anything under the bed. Clutter gives bed bugs too many places to hide.
- **Vacuum your mattress, box spring, headboard, and floors daily** - empty the vacuum after each use, putting the vacuum cleaner bag into a sealed plastic bag and throwing it in the trash outside (to save money you can put the vacuum cleaner bag in a sealed plastic bag in your freezer and re-use it!).
- **To stop the biting cover your mattress and box spring with a bed bug proof mattress encasement** - Then make your bed an island by moving it away from the wall.
- **Place bed bug traps under the feet of your beds and other infested furniture** such as sofas and upholstered chairs. This will also stop the biting and monitor for movement of bugs.
- **If you must throw out furniture** - Wrap it up in plastic wrap to avoid spreading bugs - write **BED BUG INFESTED** or **TRASH** on it in **HUGE** letters with spray paint or a marker or better yet smear it with **CATSUP** so that someone else does not pick it up. If you are not taking the furniture directly to the dump yourself, contact your municipal trash department and schedule a pickup immediately.
- **Do not change where you sleep** Some people believe that they can avoid bed bugs by sleeping in a different area of their home. Once people identify that their bed is infested they will often begin sleeping in a different bedroom or on the sofa. If you move to a different area of the home to sleep, the bed bugs will find you. Changing where you sleep is likely to promote the movement of bugs throughout the structure and make it more difficult to eliminate the infestation.

**Check out this article for more good information:**

<http://www.bedbugcentral.com/bedbugs101/topic.cfm/i-have-bed-bugs-now-what>