



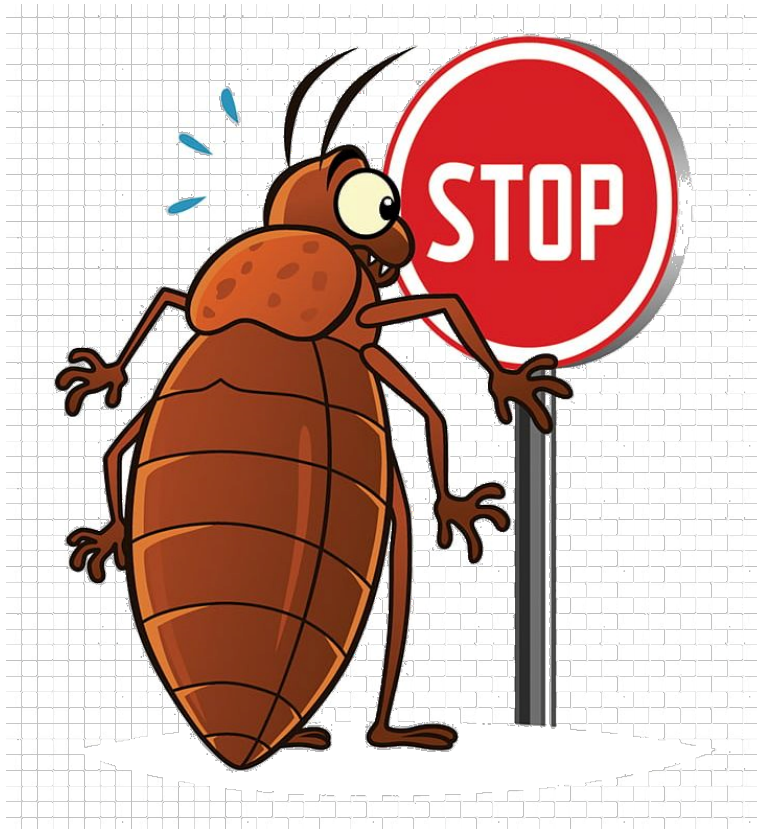
INSTRUCTIONS TO REMOVE BED BUGS

GENERAL

- Pesticides are **not required** (or recommended)
- Professional help is **not required**
- Throwing out mattresses or belongings is *usually* **not required**
- Rural Alaskans can control bed bugs **all by themselves!**
- Not all information online is true! Accurate information about bed bugs can be found here: <http://dec.alaska.gov/eh/pest>

Please read through this entire set of instructions before you get started. We know it is a lot! But it will help make sure you are successful.

Then use the separate checklist at the end to go through your own home step-by-step.



KNOW YOUR BED BUGS

Make sure it's a bed bug!

Different bugs need different ways to control them. If you find insects in your home make sure that they are bed bugs first.

If the bugs you find do NOT look like the photos below, call the University of Alaska Cooperative Extension for help figuring out what bugs you have. 907-786-6300

What do they look like?

- Adult bed bugs look like **apple seeds**.
- Young bed bugs and shed skins look like **sesame seeds**.
- Bed bug poop looks like **black pepper**.



Eggs, young and adult bed bugs



Signs of bed bugs on a mattress



Close up of bed bug sign

Do they bite?

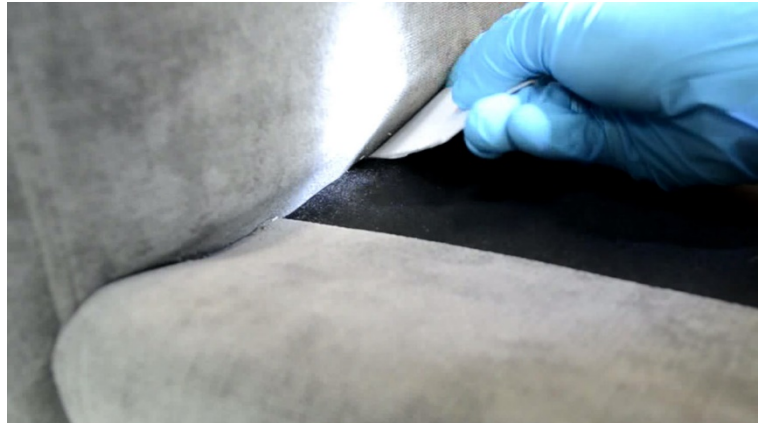
Bed bugs feed on human blood. You won't feel them bite, but you might get a red itchy bump like a mosquito bite. Other people don't react at all and might not ever know that they got bitten.

Where should you look for them?

Bed bugs live wherever people sleep or rest – places like beds, chairs, and couches. Bed bugs hide out in cracks, crevices, and other sheltered places.



Joints in bed frames



Under couch cushions



Behind baseboards



In screw holes

INSPECT FOR BED BUGS

Inspect for bed bugs in sleeping and living room areas. If you don't find bed bugs in these areas you probably don't have them in other places.

Use a flashlight and magnifying glass so you can look closely.

Inspect the bed

Inspect each mattress. Look at surface and seams on all sides.

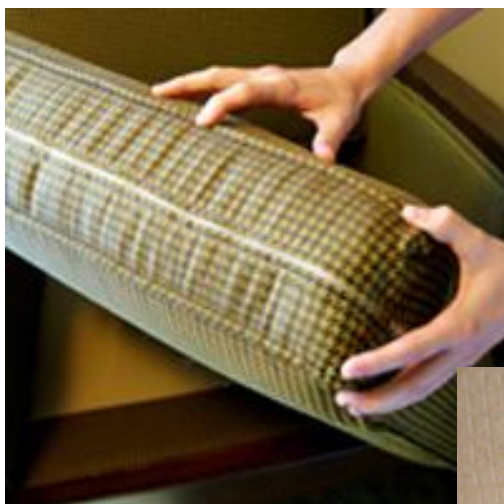
Inspect the box spring and bedframe. Look in cracks, seams, screw holes and other hiding spots.



Inspect the furniture

Look at couch, chairs, or other places people spend lots of time.

Especially look at seams, buttons, cracks, screw holes, and other hiding spots.



COLLECT YOUR BED BUG TOOLS

If you have bed bugs, you will need to collect all the following items so you can begin getting rid of these pests!

Tools (these items may be available for loan if your community received a *DEC Bed Bug Tool Kit*)

- Vacuum with removable bag
- Vacuum bags
- Scrub brush
- Magnifying glass
- Flashlight

Materials (a kit with these items may be available if your community received *DEC Bed Bug Household Material Kits* to hand out)

- Large plastic garbage bags (30-40)
- Gallon size ziplocks (20)
- Nylon stockings for vacuum hose end (1 pair)
- Rubber bands to hold stockings on vacuum (4-5)
- “Volcano” type bed bug detectors with lure (1 for each sleeping area)
- Mattress encasements (helpful but not necessary)

DISPOSE OF ONLY HEAVILY INFESTED ITEMS

DON'T THROW IT OUT!

- Mattresses and box springs can be sealed inside an encasement (more on this later).
- Hard surfaces can be cleaned.
- Small items can be laundered.

The ONLY items that should be considered for disposal are items that are

☒ heavily infested

AND

☒ Cannot be cleaned or sealed inside an encasement.

Examples – heavily infested recliner or couch, books, carpet.

Don't share you bugs! Dismantle, destroy, or permanently label any items that you do discard so that no one else will take them home and use them.

Take any items that you must dispose of outside of the house and away from the building. Take the item to the landfill as soon as possible.



DE-CLUTTER

Bed bugs love a mess! Clutter gives bed bugs lots of places to hide.

De-clutter each room one by one.

Start in the least infested areas first – kitchens and bathrooms.

Work towards the most infested areas last – living areas and bedrooms.

Create a permanent storage spot for everyday items.

Sort through everything in each room and put each item in its place. Don't forget inside of drawers, cabinets, and closets.

Collect any garbage or items you wish to discard. Seal it up in plastic trash bags. Knot the bag tightly or use duct tape to seal them up airtight so that bed bugs won't escape. Take trash bags outside of the house and away from the building.

Remember that bed bugs like to hide in small spaces, so the more stuff you have laying around, the more places they can hide.

Launder, clean up, and seal off items as you organize. More information on how to de-bug everything is provided below.



LAUNDRY

A hot dryer will kill bed bugs and their eggs – the washing machine does not get hot enough. You can wash the items first, but remember that you need to use the **hot dryer** to get rid of bugs.

Don't share your bugs! Make sure to follow these steps so others in the Washeteria don't go home with bed bugs too.

- Collect all items that can go through laundry. This includes clothing, bedding, curtains, shoes, stuffed animals, etc.
- Place all items in a sturdy plastic bag. Knot the bag tightly or use duct tape to seal them up airtight so that bed bugs won't escape.
- Open the bag and empty the items directly into the washer or dryer.
- Do NOT reuse the plastic bag. Throw it directly into the garbage, outside if possible.
- Make sure to dry all items on high heat for 30 minutes.
- Place clean items into NEW plastic bags. Knot the bag tightly or use duct tape to seal them up airtight so that bed bugs won't get into the clean clothes once you get back home.
- Label the bags "CLEAN" so you know which bags contain bug-free items and which still need to be cleaned up.
- Do not unpack the clean clothes until you have cleaned and de-bugged EVERY area of your house.



IF YOU DON'T HAVE A WASHETERIA

- Take all clothing, bedding, and other soft items outside away from the building.
- Inspect every surface and seam
- Squish any bugs in a paper towel or rag and seal them up inside a ziplock to prevent escape.
- Use a stiff bristle brush to remove any eggs.
- Shake each item vigorously to dislodge any remaining bugs.

- Place clean items into NEW plastic bags. Knot the bag tightly or use duct tape to seal them up airtight so that bed bugs won't get into the clean clothes once you get back home.
- Do not unpack the clean clothes until you have cleaned and de-bugged EVERY area of your house.
- Clean the brush carefully to remove any bugs or eggs.

CLEAN AND DE-BUG

This is a lot of work but it **will** help you get rid of bed bugs!

You will need to vacuum, wipe down, or scrub every area in the house (see detailed instructions below).

Empty all drawers, closets, cabinets, etc. so you can see every spot.
Pull furniture and appliances like the refrigerator away from walls.

Vacuum, wipe down, or scrub all of these areas:

- Mattress: all surfaces of the mattress including seams, buttons, handles, etc.
- Box springs: Remove the thin fabric on the box spring so you can clean the framework inside. Pay attention to joints and small crevices, including screw and nail holes and staples.
- Bed frame: Pay attention to joints and small crevices, including screw and nail holes
- Couches, chairs, and upholstered furniture: all surfaces and seams including cushions, inside folds of material and under buttons. Remove the thin fabric on the bottom or back so you can clean the framework inside. Pay attention to joints and small crevices, including screw and nail holes and staples. Remove any feet and clean under them. Flip the furniture over to get the under side.
- Nightstand, dresser, bookshelves, kitchen cabinets: corners and edges of drawers, guide rails for drawers. Pay attention to joints and small crevices, including screw and nail holes and staples, especially inside the frame. Don't forget to look on the back and underneath.
- Closets: shelves, joints, small crevices, screw and nail holes.
- Floors: all surfaces, especially edges near walls
- Walls: all surfaces, especially in corners and edges and areas behind pictures and other hanging items.
- Pictures and other items hanging on wall: remove these items from the walls and wipe down the surfaces and corners, including inside the frames.
- Curtain rods: clean inside curtain rods and hardware.
- Baseboard trim: use a business card or playing card to scoop bed bugs from behind trim, and vacuum up immediately
- Heaters and heating vents: wipe down and vacuum all the cracks and crevices.
- Electronics including lamps, computers, remote controls, radios, etc: If there are bed bugs inside the item you will need to take the item apart and clean everything inside. If you cannot get all the bugs and eggs out you may need to consider discarding.
- Books, magazines, newspapers, and files: inspect carefully. If all bedbugs and eggs cannot be removed you may need to consider discarding.

Vacuuming

Once everything is picked up, organized, and packed into airtight bags it is time to vacuum.

ONLY use a vacuum with removable bag to ensure that bed bugs don't infest the vacuum.

- You can vacuum up a lot of bed bugs and their waste.
- Use the brush attachment to clean fabrics.
- Use the crevice tool to get into small areas.
- Use a scraping motion on upholstery and mattress surfaces to dislodge bugs and eggs.

Remember that if you leave any bed bugs or eggs on your cleaning tools, the bugs will escape and re-infest your house! To prevent that, follow these steps:

1. Before you use the hose attachment, place a nylon stocking loosely over the end of the vacuum and secure it with a rubber band. Everything that is sucked into the hose will be trapped in the stocking. (Hoses can be very hard to clean). Once you are done vacuuming, carefully remove the stocking, keeping the contents inside. Place it in a plastic trash bag. Knot the bag tightly or use duct tape to seal it airtight so that bed bugs won't escape. Take trash bags outside of the house and away from the building.
2. The vacuum has a removable bag. When you are done vacuuming, remove the vacuum bag and seal it up in a plastic trash bag. Knot the bag tightly or use duct tape to seal it airtight so that bed bugs won't escape. Take trash bags outside of the house and away from the building.
3. Clean any bugs or eggs off the hoses, brushes, or other attachments when you are done. To do this, wash the vacuum brush and attachments with hot water and soap. Wipe down all the surfaces of the vacuum.
4. Once it is clean, store the pest control vacuum in a sturdy plastic bag. Knot the bag tightly or use duct tape to seal it up airtight so that any bed bugs can't escape.



If you don't have your own vacuum with a removable bag check to see if DEC provided your community with a bed bug vacuum that can be loaned out.

If you don't have electricity and can't use the vacuum, you can carefully sweep, scrub, and wipe down all surfaces instead of vacuuming.

Wiping & Scrubbing

After you vacuum, you will still need to go over every surface and hiding spot to make sure you got all the bed bugs AND their eggs.

Wiping

- You can use a damp paper towel or rag to wipe down or wash hard surfaces.
- Rinse the paper towel in hot soapy water and replace frequently.
- Squish any bugs in the paper towel or rag, and seal them up inside a ziplock to prevent escape.



Scrubbing

- Use a scrub brush or toothbrush to remove bugs and eggs from fabric and upholstery or hard to reach crevices.
- Follow up by vacuuming fabric and upholstery to clean up any bed bugs or eggs that were dislodged by scrubbing.

Remember to carefully clean your brushes. If you leave any bed bugs or eggs on your cleaning tools, the bugs will escape and re-infest your house!



SEAL OFF CLEAN ITEMS

As soon as you have cleaned or laundered items, seal them up immediately to keep bed bugs OUT until you have gotten rid of all the bugs in your house.

Place all bug-free items in a sturdy plastic bag. Knot the bag tightly or use duct tape to seal them up airtight so that bed bugs won't get inside.

Make sure to label the bags "CLEAN" so you know which bags contain bug-free items and which still need to be cleaned up.

Do not unpack the clean items until you have cleaned and de-bugged EVERY area of your house.



ISOLATE AND PROTECT YOUR BED

Encasements

Mattress/box spring encasements can be purchased on-line, and can be a good tool for controlling bed bugs. The covers will trap any bed bugs that are still in the bed and will help keep more bed bugs from getting into them. The smooth covers are also easy to inspect, vacuum and clean.

- After you have vacuumed and scrubbed the mattress, box springs, and bed frame, put encasements over the mattress. If you have box springs, put the encasement on them instead.
- Be careful to prevent any rips or tears— bed bugs will find that hole and use it for an escape route!
- Zip the encasement all the way on, making sure there is no gap at the end of the zipper where bugs could get in or out.
- Inspect the encasement regularly for worn spots or tears. If there is even a tiny hole, bed bugs will be able to get through.

Not all ‘bed bug’ proof covers really work! Make sure that the encasement covers all sides of the mattress and seals up tight. Make sure the zipper has very small teeth and that it seals completely at the end with no gaps.



If you do not get mattress encasements make sure to inspect your bed carefully every day or two. Vacuum and scrub as necessary to clean up any bed bugs you do find.

REMOVE HIDING SPOTS

Bed bugs love tiny hiding spots! The fewer hiding spots, the fewer bed bugs you will have.

Do as many of the following steps as you can:

- Use putty or caulk to fill in any cracks, crevices, nail holes, etc. in the walls, floors, and ceilings.
- Use caulk to seal any gaps between baseboard and walls or where the walls and floor meet.
- Use caulk to seal up any openings where pipes or conduit come through the wall, floor, or ceiling.
- Paint any rough surfaces like plywood.



SET MONITOR TRAPS

“Volcano” type traps are a good tool to trap bugs travelling near the bed, and to help you determine if there are still bugs around. Do not set traps until you have finished cleaning the entire home and contents.

- Place one trap in each room where people sleep. Put the trap near the legs of the bed, couch, chair, or wherever people sleep.
- Place a bed bug lure in each volcano trap. Tear off the corner of the packet but leave the towelette in the package. Replace the lure every 8-12 weeks.
- Check the trap each day. Squish and discard any bed bugs.

KEEP LOOKING!

To make sure the bed bugs don’t come back, you do this every week:

- Wash and dry all bedding
- Inspect mattress, bed springs, bed frame for signs of bed bugs
- Inspect monitor traps
- Vacuum floors and furniture

WHAT NOT TO DO

DO - Pesticides and Chemicals

Do not use chemical sprays or dusts! MOST over the counter pesticides are not effective, no matter what the label says!



- “Bug bombs” and foggers are very dangerous and they DON’T kill bed bugs!
- Diatomaceous earth can cause lung problems and it DOESN’T kill bed bugs!
- Boric acid also DOES NOT kill bed bugs!
- DEET and other bug repellents DON’T work on bed bugs.

NO - Home Made Treatments

If things like vinegar, rubbing alcohol, or essential oils worked, there wouldn’t be a bed bug problem. They don’t work and some can be dangerous.

NO - Heat Treatment

Heat can kill bed bugs. But it takes special training, preparation of the home, high temperature heaters, fans to circulate air, and carefully gauging that all areas received enough heat.

Homeowners will NOT be able to kill bed bugs using heat, but you might burn down your house.



NO - Cold Treatment

Bed bugs can withstand temperatures down to -40°F. As soon as they warm back up, they become active again.



NO - Abandon the Home for a Few Months

Bed bugs can live without eating for over a year and a half. Leaving your home in hopes they will die off will NOT work unless you can leave the home empty for at least two years.

DO-IT-YOURSELF BED BUG CONTROL CHECK LIST

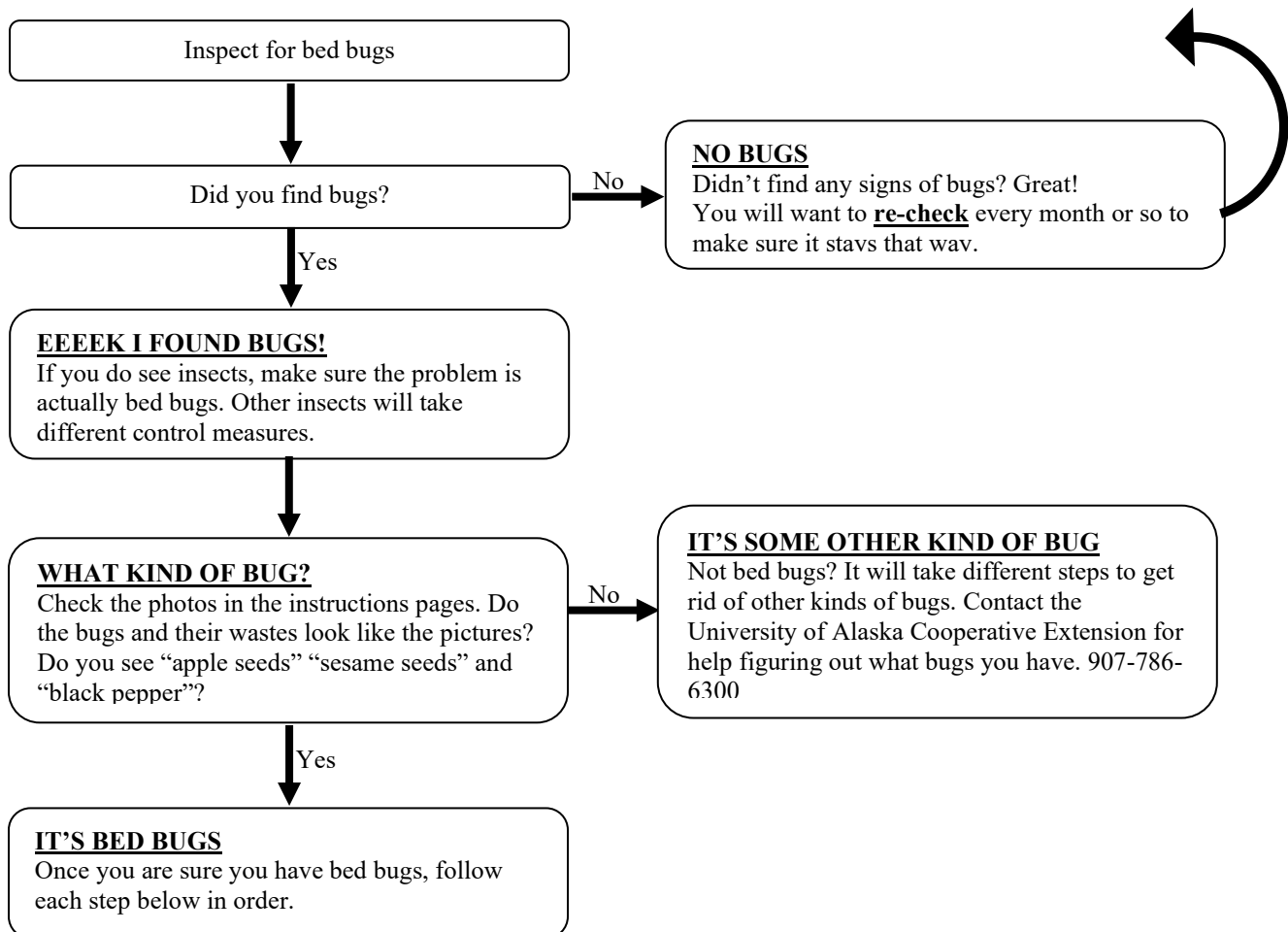
DO EACH STEP IN ORDER

Check off each line as you go.

√	1. Read the instructions FIRST
	Read the entire set of instructions.

√	2. Inspect for bed bugs in sleeping and living room areas
	Use a flashlight and magnifying glass to look closely.
	Inspect each mattress. Look at surface and seams on all sides.
	Inspect the box spring and bedframe. Look in cracks, seams, screw holes and other hiding spots.
	Inspect chairs and couches. Look in cracks, seams, screw holes, and other hiding spots.

√	3. What did you find?
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√	4. Collect Your Bed Bug Tools
	<u>Tools</u> <ul style="list-style-type: none"> • Vacuum with removable bag • Vacuum bags • Scrub brush • Magnifying glass • Flashlight
	<u>Materials</u> <ul style="list-style-type: none"> • Large plastic garbage bags (30-40) • Gallon size ziplocks (20) • Nylon stockings for vacuum hose end (1 pair) • Rubber bands to hold stockings on vacuum (4-5) • “Volcano” type bed bug detectors with lure (1 for each sleeping area) • Mattress encasements (helpful but not necessary)

√	5. Dispose of <u>ONLY</u> heavily infested items
	The ONLY items that should be considered for disposal are items that are 1) heavily infested AND 2) cannot be cleaned or sealed inside encasements.
	NO SHARING! Destroy or permanently label any items you discard so no one else takes them home.
	Take heavily infested items outside of the house and away from the building.

√	6. De-Clutter
	De-clutter each room one by one.
	Create a permanent storage spot for everyday items.
	Sort through everything in each room, including drawers, closets, and cabinets.
	Collect garbage, seal it up, and place it outside away from the house.

√	7. Laundry
	Gather all items for laundry - bedding, clothes, pillows, shoes, stuffed animals, curtains, etc.
	Seal up laundry in garbage bags.
	Empty the bags directly into the washer or dryer.
	Do NOT reuse the plastic bag. Throw it directly into the garbage, outside if possible.
	Dry all items on high heat for 30 minutes.
	Place clean items into NEW plastic bags and seal up airtight.
	Label the bags “CLEAN”.
	Do not unpack the clean clothes until you have cleaned and de-bugged EVERY area of your house.
√	8. Clean and De-Bug
	Set up the vacuum cleaner. Put in a new bag. Place a nylon stocking over the end of the vacuum and secure it with a rubber band.

	Pull furniture and appliances away from walls.
	Vacuum, wipe down, or scrub all of the following areas:
	<u>Kitchen</u>
	• Cabinets, drawers, pantry
	• Table, chairs, other furniture
	• Walls
	• Floors
	• Baseboard trim
	• Electronics and appliances
	<u>Bathrooms</u>
	• Cabinets, drawers, vanity, storage areas
	• Walls
	• Pictures, mirrors, and other items on the walls
	• Floors
	• Baseboard trim
	<u>Living room</u>
	• Couch, chairs, upholstered furniture
	• Tables, book cases, cabinets, etc.
	• Walls
	• Floors
	• Baseboard trim
	• Electronics
	<u>Bedrooms</u>
	• Mattress
	• Box springs
	• Bed frame
	• Nightstand, dresser, book shelf
	• Closets
	• Walls
	• Floors
	• Baseboard trim
	• Electronics
	<u>Other</u>
	• Hallways, mudrooms, arctic entries, laundry areas, offices, etc.
	• Closets, storage area, etc.
	• Electronics, remote controls, computers, etc.
	• Curtain rods and hardware
	• Clocks, pictures, mirrors, posters, or other items hanging on walls
	• Heater/heating vents
	• Books, magazines, newspapers, files
√	9. Clean your cleaning tools
	Once you are done scrubbing, vacuuming, and wiping make sure there are no bed bugs or eggs on the tools.
	Remove the vacuum bag and stocking on the hose. Seal up trash bag airtight.
	Wash the vacuum brush and attachments with hot water and soap.

	Wipe down all the surfaces of the vacuum.
	Store the pest control vacuum in a plastic bag and seal it up airtight.
	Clean the scrub brushes and toothbrushes thoroughly with hot soapy water.
	Throw away ziplocks with used paper towels. Seal up trash bag airtight.
	Take trash bags outside of the house and away from the building.

√	10. Seal off clean items
	Seal up all bug-free items in plastic bags.
	Label the bags "CLEAN".
	Do not unpack the clean items until you have cleaned and de-bugged EVERY area of your house.

√	11. Isolate and protect your bed
	<u>After</u> you have vacuumed and scrubbed the mattress, box springs, and bed frame, put an encasement over the mattress.
	Make sure there are no tears and that there is gap at the zipper end.

√	12. Remove hiding spots
	Fill in any cracks, crevices, nail holes, etc. in the walls, floors, and ceilings.
	Seal any gaps between baseboard and walls or where the walls and floor meet.
	Seal up any openings where pipes or conduit come through the wall, floor, or ceiling.
	Paint any rough surfaces like plywood.

√	13. Set monitor traps
	Place one trap in each bedroom near the legs of the bed.
	Place a bed bug lure in each volcano trap. Tear off the corner of the packet but leave the towelette in the package. Replace the lure every 8-12 weeks.
	Check the trap each day. Squish and discard any bed bugs.

√	14. Keep Looking Every Week
	Wash and dry all bedding
	Inspect mattress, bed springs, bed frame for signs of bed bugs
	Inspect monitor traps
	Vacuum floors and furniture