

## Tips for controlling your bed bug infestation.

*Brought to you by the Central Ohio Bed Bug Task Force*

# Bed Bug Checklist

- ✓ **DO:** Contact your landlord or apartment manager immediately!
- ✓ **DO:** Call 211 AFTER you've contacted your landlord and IF he refuses to treat your unit!
- ✓ **DO:** Follow your exterminator's instructions to prepare your home for treatment!
- ✓ **DO:** Buy entomologist certified bed bug encasements for your mattresses and springs!
- ✓ **DO:** Wash all of your bedding in hot water and dry it in the dryer on the hottest setting for a minimum of 20 minutes.
- ✓ **DO:** Wash or dry clean all of your clothing in hot water and dry them in a hot dryer for at least 20 minutes. Store the clean clothing in tightly sealed plastic bags!
- ✓ **DO:** Eliminate clutter from your home. Store things that you want to keep in tightly covered plastic totes. Completely destroy anything that you throw away!
- ✓ **DO:** Use a licensed pest management professional (exterminator!)
- ✓ **DO:** Wrap any furniture that your exterminator tells you that he cannot treat in plastic before you remove it from your home. Completely destroy anything that you throw away!
- ✓ **DO:** Thoroughly vacuum the floor and baseboards in the rooms that have bed bugs. Vacuum often. Sprinkle a cup of talcum powder or corn starch on the floor before you sweep. Empty the dust cup or throw away the bag after you've finished!
- ✓ **DO:** Limit visitors to your home until the bed bugs are gone!
- ✓ **DO:** Check your clothing and shoes before you leave the house! Don't spread the bugs!
- ✓ **DO:** Use an anti-itching medicine on the welts relieve the itching. Over-the-counter creams will work, but prescription anti-itching medicine may be better.

*Over*



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### These things will just make your bed bug problem worse:

- ✗ **DO NOT:** Ignore the problem! It will only get worse!
- ✗ **DO NOT:** File a complaint until you've given your landlord an opportunity to correct the problem!
- ✗ **DO NOT:** Try to treat your home yourself! There is nothing that you can buy that is safe for you to use!
- ✗ **DO NOT:** Use fly spray to kill bed bugs! It doesn't work, and it may spread them!
- ✗ **DO NOT:** Farm and garden insecticides or boric acid in the house! They are all highly toxic!
- ✗ **DO NOT:** Spray rubbing alcohol in the house! It is extremely flammable!
- ✗ **DO NOT:** Throw away your furniture unless your exterminator tells you that he cannot treat it! Completely destroy anything that you throw away!!
- ✗ **DO NOT:** Give or loan clothing, furniture, toys or other personal belongings to anyone while you have bed bugs!
- ✗ **DO NOT:** Scratch the bed bug bites! You may develop a serious skin infection!

*For more information on bed bugs,  
visit [www.CentralOhioBedBugs.org](http://www.CentralOhioBedBugs.org).*

