



BED BUG CHECKLIST

Have you noticed the following in your home or on your person? Have you been...

- 1.) Waking up with bite marks?
- 2.) Seeing red stains on your sheets, or black spots on the seams of your mattress or box spring?
- 3.) Seeing live or dead bed bugs, cast skins, etc. on the seams of your mattress/box spring?

If you answered yes to any of the above, you may have bed bugs. This checklist may help.

WHAT SHOULD YOU DO?

Right Now:

- Pull bed away from wall
- Put clothes, bedding, and other items in a dryer for at least 35 minutes on HIGH heat
- Once you remove items from dryer, seal them in bags so bugs cannot get in again
- Vacuum on a regular basis. Remove vacuum bag or contents, place into a plastic bag, seal tightly, and dispose right away.



Over the next week or so:

- Go over the mattress, box spring and frame with vacuum cleaner attachment
- Place mattress/box spring into bed bug encasements
- Remove head board, set aside.
- Place legs of bed in moat style traps or rub petroleum jelly on bed frame legs, clean legs and traps as necessary
- Eliminate clutter
- Do not store items under the bed
- Continue to vacuum at least once a day
- Launder clothing and bedding regularly
- Don't allow bedding to touch floor or anything to touch the bed which may act as a bridge for the bed bugs to get onto the bed
- Steam clean if necessary but only if you have access to a dry vapor steam cleaner

IF YOU SUSPECT YOU HAVE BED BUGS: DOS AND DON'TS

1. **DON'T** Throw away your furniture or belongings unless a trained pest management professional says you should
 2. **DON'T** Panic
 3. **DON'T** Bug Bomb
 4. **DON'T** Use pesticides not approved for bed bugs
 5. **DON'T** Spray mattress or self unless pesticide is labeled for such use
 6. **DON'T** Use your own pesticides at any time while your home is being treated by a pest company. This may worsen the bed bug problem.
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1. **DO** Call your landlord
 2. **DO** Talk to someone who can help you, such as: Saginaw County Public Health Department, MSU Extension office or Saginaw City Inspectors office
 3. **DO** Always read and follow directions when using pesticides. **The label is the law!**

If you have any questions, please call the Salter Place Housing Resource Center Healthy Homes Program Coordinator (Brion Younk) at (989) 272-7202. Also, for further information and resources, please visit: www.sccmha.org