

Preventing Future Bed Bug Infestations (For IPM in Housing Demonstration Residents)

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Be able to recognize all the fed and unfed stages (eggs, nymphs and adults) of a bed bug as well as their feces and shed skins (see <http://bedbugs.utk.edu>).

- When sleeping away from home (even at a friend's or family member's house):**
 - Store** luggage away from beds: in the bathroom or in a tied plastic bag.
 - Inspect** the room before you unpack. Look for bed bugs or the spots they leave behind on the headboard, along the mattress seams, and other accessible cracks and crevices.
 - Wash and dry clothes** when you get home. The hot dryer kills bed bugs. You can put dry (unwashed) items in the dryer on high for 30 minutes.
 - Leave luggage in a sealed bag** until your next trip.
- Keep purses, backpacks and briefcases** in sealed plastic bags.
- If you work in places that might have bed bugs**, also bring a change of clothes (just in case you do end up working in a place where you see bed bugs) to prevent bed bugs from hitching a ride home with you.
- If a visit to a home with bed bugs is necessary**, do not sit on upholstered furniture or beds. Choose a hard chair but only after scanning the crevices to ensure bed bugs aren't present. Only bring what is essential for the visit and don't lay any items on upholstered furniture, beds or carpet. Before leaving, check your clothing to ensure bed bugs are not present.
- When acquiring** used or rented beds, bedding, furniture, appliances and other items, inspect them before purchasing or bringing them into your home. Avoid furniture, bedding, and appliances that have been placed next to a dumpster or on the curb. They may have bed bugs on them.
- Reduce** the number of bed bug hiding places by decreasing clutter.
- Wash your sheets and pillowcases once a week and other bedding at least once a month.** Inspect the bed and bed bug monitors when changing sheets to detect bed bugs when the populations are still low (see #10, below).
- Vacuum beds and upholstered furniture regularly.** Place a knee-hi stocking in the vacuum tube and fold the end back over the nozzle so the crevice tool attachment will hold it in place. After vacuuming vigorously along seams and folds, remove the knee-hi, tie it off, place it in a sealable plastic bag and disposed of it in an outdoor trash can, but not the trash chute.
- Do not use over-the-counter (OTC) sprays.** Most bed bugs are resistant to pyrethroids (insecticides ending in "thrin"), the active ingredient in most OTC products.
- Use bed bug monitors.** Place BlackOut BedBug Detectors under OR next to your bed or furniture legs to aid detection of new infestations. Pull furniture at least 2 inches away from walls and don't allow bedding to touch the ground. Use a tissue to wipe out dust and other debris that collect in the monitors. Sources: <http://bedbugs.utk.edu> and <http://www.bedbugs.umn.edu>



BlackOut BedBug Detector