



Connecticut Coalition Against Bed Bugs

# First steps to manage bed bugs in and around the bed

**If you find bed bugs in your bed. Don't Panic.** Bed bugs cause Anxiety, but they can be stopped

## Steps to follow.

**Identify the insect** with a trained professional (Health Department, Entomologist, and/or Pest Management Professional)

## If it is a bed bug, do the following.

1. Buy or get bed bug interceptors (Climbups™ or Blackout Bed Bug Detectors™) or packing tape, and tight fitting mattress and box spring bed bug encasements.
2. At home, move the bed 6 inches away from the wall, to stop climbing bed bugs.
3. Put the feet of the bed into either protective bed bug interceptors or use packing tape, sticky side out wrapped around the bed legs to stop climbing bed bugs. Platform beds should be raised on blocks or similar object(s) and protected.
4. Take the mattress and box spring out off the bed frame and put them into tight fitting mattress and box spring bed bug encasements. If encasements are too large, bed bugs can hide in the loose folds.
6. While mattress and box spring are off the bed, carefully vacuum (using a crevice tool) all cracks and crevices of the headboard, baseboard and frame. Remove the vacuum bag, put it into a large zip-lock plastic bag and dispose in the trash. This is not a total control method, but will clean cracks and crevices, and remove some of the bed bugs. Repeat this step, 8 days later.
7. Put mattress and box spring back onto the bed.
8. Wash linens, and/or put into dryer for ½ hour at a high temperature. This kills all bed bug stages.
9. Remake the bed and make sure covers do not touch the floor. These could become alternate routes for the insects.
10. If you rent, notify the landlord that you have found bed bugs. If you own property, call a Pest Management Professional (PMP) for assistance. **Never self treat.**



## Help

Dr. Gale E. Ridge or available staff  
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