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Bed Bug Checklist for Tenants

Do you think you have a bed bug problem? Are you...

- 1.) Waking up with bite marks, usually in a line or a circle?
- 2.) Seeing red smears or stains on your sheets, mattress, or other furniture near your bed?
- 3.) Seeing live or dead bed bugs through a magnifying glass?

If you answered yes to any of the above, you may have a bed bug problem. Use this checklist to help you figure out what to do next.

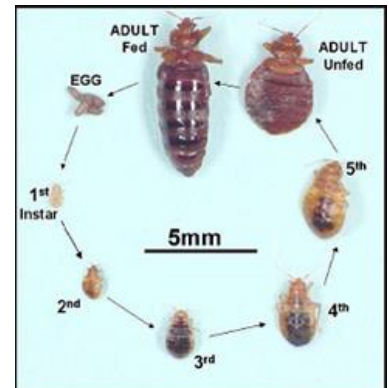
WHAT CAN YOU DO?

✓ Right away:

- Pull bed away from wall
- Put clothes, bedding, and other items in dryer for at least 20 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 few days:

- Buy a bed bug mattress and/or box spring cover
- Caulk all cracks and crevices, such as along baseboards and around windows
- Paint or seal your headboard/bed frame AND nightstand
- Eliminate clutter
- Do not store items under the bed
- Continue to vacuum at least once a day
- Launder clothing and bedding regularly



IF YOU SUSPECT BED BUGS ARE IN YOUR HOME: DOS AND DON'TS.

- ✓ DO call your landlord
- ✓ DO always read and follow directions when using pesticides
- ✗ DON'T throw away your furniture or belongings
- ✗ DON'T panic
- ✗ DON'T bug bomb
- ✗ DON'T use pesticides not approved for bed bugs
- ✗ DON'T spray mattress or self unless pesticide is labeled for such use