

## What To Do If You Have Bed Bugs

**Call an exterminator!** Bed bugs can hide in every crack, wall, appliance, and furniture. To get rid of them all, an exterminator is best. Experienced companies know where to look for bed bugs, and have an assortment of tools at their disposal. It often takes a professional 4-6 hours to do a thorough inspection and initial treatment. Often additional inspections and treatments are necessary.



Until exterminator comes, **keep the bed away from walls and objects**; these give bed bugs a way to climb into your bed.

### **Spray bed bugs with rubbing alcohol.**

This kills them on the spot. Use rubbing alcohol and a dish brush to kill the visible eggs.

**Bag and launder** everything possible (clothing, rugs, bedding, curtains, etc) on the hottest water setting. Use bleach on anything possible (color safe bleach is great!). **Individual items that cannot be laundered, wrap in plastic garbage bags and place in a hot, sunny location for at least a week.** Make sure that the bag is tied airtight. Bedbugs also be killed with cold temperatures below freezing, but bags must be kept in cold for at least two weeks.

**Vacuum** your living space relentlessly, including furniture, changing the bag outside. Seal the used vacuum bags in a garbage bag immediately after vacuuming.

**Mop** all hard flooring. Use bleach on the floor first and then use the water/alcohol solution to spray and mop it down after.

**Wipe down** any surfaces that can handle the water/alcohol solution without suffering any damage as a result.

**Take apart furniture to check for bugs.** Pull out drawers and inspect any and all small creases and openings. The covering on the bottom a box spring bed should be taken off for inspection and treatment measures. Doing this in a garage or outdoors is preferred if possible.

**Apply silica gel.** Use a small handhold steam cleaner to steam your bed including frame, bed boards, mattress and let it dry. Grind up some crystal silica gel and apply it all over in your bed room. Put some on your mattress, around the bed and along the wall. The fine silica gel stuck to the bug cannot be shaken off, causing it to dehydrate and die.

**You may need to discard some affected items.** Infected mattresses and box springs will need to be discarded.

**Inspect adjoining rooms and apartments** because bed bugs can disperse throughout a building.

**Repair cracks in plaster and glue down loosened wallpaper.** It eliminates places the bed bug can live.



## Bed Bug Bites

Although bedbugs do not carry disease, and for most people the bites are unnoticeable, for some they itch. Bedbugs can bite you anywhere.

Usually a week after being bitten, small red bumps will appear on your skin. They usually come in sets of three.



- **Apply rubbing alcohol if your skin can handle it before you go to sleep until the infestation clears.**
- **Wear more clothing when you sleep as well to cover as much skin as possible.**
- **If you have long hair, pull your hair back or put it in something.** Bed bugs will crawl into loose hair.

If you get bit:

**Step 1: Wash skin with soap and hot water.**

**Step 2: Liberally apply an anesthetic cream or lotion.**

**Step 3: Apply ice to avoid swelling/welting.**  
Repeat every 6-8 hours until symptoms subside.

Call your doctor, especially if you see suspect your bites are infected. If you're not sure, call your doctor or go to the emergency room immediately!

**Bed bugs are parasitic insects that feed on human blood. They often hide in small crevices during the day, then come out at night to feed. An infestation of bed bugs can be very concerning.**



## **References:**

### **What Do Bed Bugs Look Like**

<http://www.whatdobedbugslooklike.net/bed-bug-bite-symptoms.html>

### **Bed Bugs**

[http://www.medicinenet.com/bed\\_bugs/article.htm](http://www.medicinenet.com/bed_bugs/article.htm)

### **Skin Problems and Treatment Health Center: Bed Bugs**

<http://www.webmd.com/skin-problems-and-treatments/guide/bedbugs-infestation>

### **9 Ways to Get Rid of Bed Bugs**

<http://www.cracked.com/blog/9-ways-to-get-rid-bed-bugs/>

### **How to Get Rid of Bed Bugs in Clothes, Shoes, Furniture, and Other Stuff**

<http://bedbugger.com/faqs/stuff/>

### **Bed Bugs Fact Sheet**

<http://www.kingcounty.gov/healthservices/health/ehs/bedbugs.aspx>

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