



Bed Bug Prevention Tips brought to you by KillBedBugsWithHeat.com - Eco-Friendly, Bed Bug Deadly! A service of Certified Pest Control, Inc.

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# Bed Bug Prevention Tips

The news has highlighted the increasing problem of bed bug infestations. Since bed bugs travel by “hitchhiking” a ride, learning about their habits is essential to protecting your home or business from a bed bug problem. Our prevention tips will teach you what to look for and what to do to stop bed bugs from making your home or business their unwelcome destination.

1. Whenever you are traveling and staying in a hotel, it is important to ask if the room you are staying in has ever been treated for bed bugs. If it has been, ask for any records concerning the treatment dates along with follow up inspections and or treatments.

During and overnight stay away from home, whether a hotel or acquaintance, look for droppings or actual bed bugs on the folds of the bed mattresses.

When hosting a sleepover for children, be sure to speak with parents about bed bugs and the precautionary measures you have put into place at your home. Ask if they have ever had a problem and what have they done to eliminate it.

If you think your child may have come home from a sleepover with bed bugs, place your child’s belongings immediately in a luggage bag before having them enter your home. Have your child remove all clothing and also place it into plastic bags to be laundered. (See Tip 2 & 3 for further instructions.)

If you have a child coming home from college or dormitory with suspected bed bugs, place all their belongings in a plastic bag and follow Tips 2 & 3.

2. If you think you may have brought bed bugs home, bag your personal belongings before bringing them into your vehicle if possible. If that is not feasible, bag them before entering your home. Immediately empty them into your washing machine and wash and dry on the highest heat setting. Inspect the items while carefully putting them into your washing machine.
3. If you think you may have brought bed bugs into your vehicle, vacuum the vehicle thoroughly with a shop vac. Be sure to vacuum all areas of the vehicle while carefully inspecting for these insects. Discard the shop vac contents in a plastic bag and remove from the home. If necessary, call a professional for further evaluation.
4. Be aware of your surroundings. Be aware that other people may have bed bugs and these insects can be transferred anywhere. Bed bugs have been found in all common places such as public transportation, movie theaters, doctors and dentist offices. Always be careful when you are placing your purses or diaper bags down. Bed bugs are hitchhikers looking for a ride with you!

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5. **Communication!** It certainly is an unpleasant or uncomfortable conversation, but communication is an important factor in preventing the transfer of bed bugs. More and more people are aware that bed bugs are becoming an epidemic. Talk with your family and friends to see if they have ever had an outbreak. If they have had an outbreak, what did they do to take care of the matter and how long has it been since they had a problem?
6. If you think that you have bed bugs, tell your family and friends, especially those that you've been in contact with recently. You want them to be aware so they can be looking for any evidence of bed bugs in their homes. An inspection from a professional will confirm an infestation and discuss treatment recommendations. The inspection can help with lessening the opportunity for transfer or re-introduction to your home of bedbugs.
7. Schools should send home a letter notifying you if your child may have brought home bed bugs, similar to when there is a lice infestation. Regardless, if you suspect bed bugs have been transported by your school children, follow the instructions in Tip 2.
8. If you are throwing out infested furniture, be sure to label it largely with "HAS BED BUGS" so other individuals do not infest their homes. Furniture can be successfully treated, however; it is not necessary to throw it away.
9. A mattress encasement will protect the mattress on your bed. The encasement will stop bed bugs from infesting a clean mattress. The encasement also stops live bed bugs from biting you, eventually causing the bed bugs to die if the mattress is infested.
10. Small and large department stores have even been infested with bed bugs. These "hitchhikers" may attach themselves to clothing and personal items. When trying on clothing, inspect the items for bed bugs. Also inspect furniture, other clothing, or bedding while shopping. This tip also applies to online purchases from personal sellers such as eBay and Craigslist. Regular inspections are the key in finding bed bugs early. Early detection is the best form of prevention!

Following these tips may not stop bed bugs, but they will prepare you to minimize the aggravation and discomfort should an infestation occur. If you do experience bed bugs, you will be prepared to do your part and stop these "hitchhiking" pests from being transferred to friends or family. Please call Certified Pest Control for more information. (216) 739-0436

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