

BED BUGS AND HOW TO GET RID OF THEM

There are many sites on the internet, type “Get rid of bed bugs” into the search engine and many good sites will come up. After reading several of the sites here are some basic steps that can be followed:

- **Thoroughly vacuum**—several times—carpets, baseboards, outlet boxes, seams of mattresses, and cloth covered furniture in all affected rooms. After vacuuming, remove the vacuum bag—place it in a plastic bag, seal, and discard. This should be done on the same day.
- **Obtain Tempo Dust** (100% mortality within 24 hours) or a liquid Tempo Concentrate or Phantom (95% mortality in 48 hours) due to their high efficacy rates, according to chemicals tested by University of Kentucky and Cooper Pest Solutions out of New Jersey. Spray hiding places in furniture, bed frames, outlet boxes, and baseboards (they hide in the crack behind the baseboards) about every two weeks to kill emerging nymphs or as needed. If you use a liquid spray from concentrate, do not spray areas that water may damage. (Egg to nymph is about two weeks.)
- **Obtain zipper mattress covers** or the less expensive plastic shipping and storing bags and cover all affected mattresses and box springs. **Note:** If you have sprayed liquid spray in the seams of the mattress and box springs, allow them to dry thoroughly before placing them in the mattress covers to avoid mold problems. Make sure the openings in the plastic covers are well taped and sealed. Bed bugs can live up to a year without a blood meal. Leave the covers on the mattresses for 9-12 months. What makes the biggest difference beyond the use of chemicals is whether or not the person buys and applies a bedbug-proof mattress and box spring cover.
- All bedding, clothes, etc. can be **washed and dried on high heat**. Heat kills bed bugs. Stuffed animals can also be put into the dryer on high heat to kill the critters.
- **Remove the bottom fabric from couches** and spray inside the couches several times and in all seams and crevices. Don't spray on the outside fabric of the couch where people sit. In the evening, turn furniture upside down and spray, and let them sit that way overnight and then turn them over in the morning.
- **Obtain diatomaceous earth (DE)** and generously sprinkle it along all baseboards, around beds and bed posts, across doorways (carpeted), behind and under the couches, etc. The reason for spreading DE across doorways is to inhibit migration from one room to the next. (Do not use swimming pool DE!)
- Generously sprinkle regular **table salt** in the same areas.

Note: The DE cuts the soft bodies of the bed bugs as they crawl across it; the salt desiccates them. Both of these substances are easily vacuumed up later. Leave these substances along the walls and around the edges of the bed for several months. This process can be repeated as needed.

You can be successful in getting rid of bed bugs, but it does take time and diligence. You can also hire a professional exterminator.