



## The Do's & Don'ts of Bedbugs

The decisions you make while researching your treatment options or preparing your home for treatment can make a dramatic difference in keeping the bedbug infestation from getting worse, so consider the following before you act. This is valuable advice based on our experience and observing the terrible consequences of customers who had already made serious errors before they called us. The good news is that, no matter what mistakes you may already have made, Elite Pest Management Inc. can still help you.

### **DON'TS - Some of the things not to do:**

#### **DO NOT THROW AWAY YOUR MATTRESS OR FURNITURE.**

**YOU ARE THROWING AWAY MONEY.** You risk dropping bedbugs and eggs with every step you take with them, AND it will not get rid of the problem. Not only will you still have your bedbugs, but the expense of replacing the furniture and paying for treatment as well. Don't waste hundreds or even thousands of dollars on a new bed and furniture. Invest it in a treatment with Elite Pest Management Inc.

#### **Don't move with bedbugs, they will follow you.**

Likelihood? 100%. You can leave with only the clothes on your back and your most personal items, and bedbugs will still come along for the ride. It only takes one fertilized female or a few eggs to re-infest your new home and belongings. Once your home is treated, we recommend that you do not move for two months, or you risk taking the problem with you.

#### **Don't move objects and furnishings from room to room.**

If you move your pillow, blanket, or stuffed toy to another room to sleep, whether in another bed or a couch, you risk spreading the problem. If you need to go to a different room, go there with clean pajamas, clean bedding and clean pillows. If your child simply has to have that one stuffed toy to sleep, put it in a hot dryer for 20 minutes.

#### **Don't try to treat this yourself.**

This is a job for professionals.

**Reason #1:** There are products you can buy at the grocery store or hardware store that should never be used inside a home, especially not on a bed or in a bedroom. Just because you can buy pesticides in a store does not make them safe. You can look up chemicals by their brand name to get a Material Safety Data Sheet or go to [pesticideinfo.org](http://pesticideinfo.org) and search by brand name or individual ingredients. On the pesticideinfo.org website it will be designated a PAN bad actor if it has known serious health or environmental risk.

**Reason #2:** You may chase the bedbugs into other rooms and deeper into furniture and wall voids. When a highly repellent chemical is used, the bedbugs will be quite literally crawling up the walls. In addition, potential reactions between chemicals could thwart the efforts of your professional to get rid of the problem.

#### **Don't count on freezing temperatures to kill your bedbugs.**

You would need to use a deep freezer with a sustained temperature of zero for two weeks-freezing temperature is 32 degrees. Putting objects out on the patio on a cold winter may slow things down, but most people do not live in climates with qualifying temperatures.

### **DOs - Things you can do until your professional treatment. These are no substitute, but they may reduce the number of bites and confine the spread of bedbugs.**

**Do** thoroughly clean and de-clutter the rooms where you are getting bitten.

Bedbugs love clutter because it makes moving around easier for them. It's time to throw away things you will probably never use again, but remember, anything removed should be inside plastic bags before they leave the infested room. You should vacuum beds and carpets (throw away the vacuum bag) and **wash all the sheets and bedding in the hottest water you can (120 degrees) and dry in a hot dryer.** If it can't be washed, dry clean it or put it in a hot dryer for 20 minutes. Commercial dryers at laundromats reach very high temperatures and are especially good for pillows, bedspreads, and bulky items.

**Put isopropyl alcohol** in a spray bottle and spray the braiding of the mattress, the headboard, and the box springs, if you wish. Test on a small section of furniture to see if it stains; wood surfaces finished with lacquer or varnish may be damaged by alcohol. Alcohol kills on contact, but it does not remain on the surfaces to continue killing bedbugs. It has a dehydrating effect, so it may have some effect on eggs in multiple treatments. If someone visits with a suitcase, or you return from travel, spray the suitcase as well. After using the alcohol spray, **make sure the room is ventilated and everything is dry** before you sleep there. Remember that the alcohol is a temporary fix, so you will be spraying frequently until we get there to treat.

Put a clean, light-colored sheet or mattress cover on the bed every day. Bedbugs are not very quick, so a fresh sheet offers temporary resistance, and any newly attached eggs will be destroyed. When removing the sheet, roll it down instead of pulling it off, put it in a plastic bag to transport to the laundry room, and wash in hot water right away.

### **REMEMBER: These Dos and Don'ts are temporary measures.**

These things will reduce getting bitten and minimize the spread of the infestation to other rooms. We offer these tips so you don't inadvertently cause harm; however, **do not let the temporary lessening of bites lull you into thinking the bedbugs are gone.** Although there are some pests that homeowners can tackle on their own, **bedbugs are one pest that should be handled by professionals**, and in a timely manner.

**For more information about our bedbug treatment, please Contact us at 586-294-7055 or [CLICK HERE](#)**