

Bed Bug Checklist for Tenants

How to prevent bed bug infestations

- Do not use mattresses, beds, or other furniture that have been discarded.
- Reduce clutter.
- Clean and vacuum regularly.
- Vacuum and launder bed linens and clothing on a regular schedule.
- Pull your bed away from walls.
- Do not place mattresses directly on the floor, use a bed frame to lift the mattress off the floor.
- Check your clothing before entering your home
- When visiting a home that might have bedbugs, place bags and possessions on hard surfaces such as tables instead of on the floor or furniture where bed bugs can reach them.

After taking preventative measures, do you think you have a bed bug problem? Are you...

- 1.) Waking up with bite marks (Many individuals will not receive visible bite marks.**
- 2.) Seeing red smears or stains on your sheets, mattress, or other furniture near your bed?**
- 3.) Seeing live or dead bed bugs?**

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

What can you do?

Right away:

- Immediately tell your landlord (within 24 hours of a pest sighting).
- Clean, declutter, and vacuum your apartment
- 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
- Pull your bed away from walls.

Over the next few days:

- Your landlord should call a pest control professional to come inspect your unit.
- Follow the recommendations of the pest control professional and cooperate with your landlord.
- Buy a bed bug mattress and/or box spring cover
- Eliminate clutter and vacuum daily

If the problem remains:

- Successful control of bed bugs can take multiple service visits from a pest control professional.
- Steam clean
- Use least-toxic bed bug products where appropriate
- Talk to your neighbors and organize

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

- DO** Call your landlord as soon as possible
- DO** talk to someone who can help you like: Local or State Health Department
- DO** always read and follow directions when using pesticides
- Don't** try to handle the bed bug situation on your own
- Don't** use store bought insecticides or bug bombs
- Don't** throw out beds, or personal possessions.
- Don't** try to control bed bugs without an experienced professional.
- Don't** try to control bed bugs without telling your landlord

These guidelines are recommended by the National Pest Management Association, Pestworld.org, and Midwest Pesticide Action Center. Taking these steps will help protect tenants and are more cost effective for landlords than ignoring a problem and trying to eradicate a long standing, widespread infestation.

