

Get Rid Of Bed Bugs

So you want to get rid of bed bugs. Well the good news is that you can get rid of bed bugs and the bad news is that you need to be mentally prepared for the ordeal that comes with getting rid of bed bugs. Let's get started. First, the Inspection and the list of tools needed during the inspection.

- (1) Flash Light
- (2) Flat Head and Phillips Head Screw Driver
- (3) Goggles
- (4) Aerosol Mask
- (5) Rubber Gloves
- (6) Can of Aerosol Spray
- (7) Dust Powder
- (8) Mattress and Box Spring Encasements
- (9) Vacuum

First place to look during the inspection should be obvious hence the words bed bugs. Yeah you're right the bed. Ok let's go. First, vacuum and pay close attention to the seam areas between the floor and baseboards. Then break your bed down if you can or at least remove mattress and box spring from the frame. Really for optimum results disconnect the head board and foot board because all connections are areas that harbor bed bugs and should be inspected. This is where the flash light comes in handy. Check both sides of the mattress and box spring and pay close attention to the seams and tufts area of the mattress and box spring. This is where your aerosol will come in handy. Don't forget to wear the mask, goggles and gloves. In case you're wondering about what products to use here are some pictures of some effective products to choose from.

Aerosols



Most Popular is **Bedlam** however, with the resurgence of bed bugs around the country it may be in short supply due to increase demand. Don't Fear you do have options.



Another effective product is **CB-80 Extra**



Pro Citra DL Bontanical Orange Oil Insecticide

These are products that kill bed bugs on contact. However, when you spray the bed bugs the force of the spray will turn the bed bugs into miniature projectiles and you may lose sight of where they went. So when you get done the inspection vacuum.

Aerosols (Continued)



Phantom Pressurized

This product and other similar products can be used for closets, night stands and dressers.

Dust Powders

These products are used when you take off the light switch and electrical outlet covers. Also use the aerosol first and then dust before you replace covers. One point to cover is to make sure you have the aerosol spray straws so you can spray in the open areas of the switches and outlets. Be careful when you spray because if the spray doesn't go into an open area it will bounce back in your face.



Delta Dust

Dust Powders (Continued)



Drione Dust



Whitmiremotherearth Diatomaceous Earth

Mattress Box Spring Treatment

When you finish inspecting your mattress and box spring sets spray them and encase them for bed bug protection. Below are some products you can look for.



Sterifab Bed Bug Spray



ZENPROX

Currently the most effective product on the market



Rest Easy Bed Bug Spray

After you have treated the mattress and box spring it's time to put the mattress and box spring encasements on. I recommend two people for this because these encasements can and will tear rendering the encasement useless. Yeah you can tape the tears but doesn't it defeat the purpose and by the way these encasements aren't cheap. Below are a couple of encasement products to consider. There are many brand types as long as they have zippers you should be fine. Just remember to have someone help you put these encasements on.



Protect A Bed



Zip It Bug Mattress Encasement

I'm sure you're beginning to see how labor intensive getting rid of bed bugs can be. Ok now that you have vacuumed, dismantled bed, inspected and treated the mattress and box springs, head board, foot board, bed rails and put the encasements on the mattress and box springs let's see what's next. You have to inspect anything that's hanging on the wall. Night stands, dressers, closets and especially anything that's kept underneath the bed. Especially shoes, slippers and the like make sure you inspect those items thoroughly. If you over look this part of the inspection you can have months of undetected bed bug harborage. Dependent upon how your inspection goes, everything in the night stands, dressers and closets have to be removed. The night stands and dressers behind and underneath must be inspected then treated. Your clothing is the biggest hurdle in getting rid of bed bugs. If you find bed bugs anywhere in the room your clothing could be the culprit. Start with the clothing you hardly wear or the seasonal clothing. Bed bugs found near or in any of the clothing you must bag immediately and begin washing the clothes in hot water and dryer tumble dry. Bed bugs can't survive high temperatures. Any clothing that is thrown away must be bagged and seal. You want to be a solution to the bed bug problem not a contributor. Now if you have clothes that you dry clean do not send clothes that have bed bugs to the cleaners. You must kill the bed bugs before sending any clothing to the cleaners. One option is to put the clothes in the drying for about 20 minutes that will kill them. You could put a few items in a bag and if it's warm outside leave the bags in the sunlight or for a day or so. Ideal places for this could be roof top decks or trunk of vehicles. Before you start tackling your clothes the room must be sprayed with a residual. So when the bed bugs crawl over the dried spray they will die shortly thereafter. You have to spray the seams where floor meets the baseboard

and any crack and crevice area in the room. The walls and ceiling should be sprayed as well. Now if you do everything laid out in this report you should be rid of bed bugs in about a month. One way to monitor is around 5 am in the morning use a flash light to check for bed bug activity and periodically inspect for signs of bed bugs.