

# Bed Bugs

## The Do's and Don'ts

### What NOT to do:

- **DON'T** panic! Bed bugs can be controlled with careful inspection and by using proper control methods.
- **DON'T** ignore bed bugs. Acting right away will increase success in eliminating bed bugs.
- **DON'T** sleep on another bed or sofa. Bed bugs may follow making it much more difficult to get rid of them.
- **DON'T** try to kill bed bugs by using agricultural or garden pesticides. Using pesticide products to kill bed bugs that are labeled for outdoor use can make people very sick.
- **DON'T** use rubbing alcohol, kerosene, or gasoline. These chemicals may cause fires.
- **DON'T** try to kill bed bugs with room foggers or “bug bombs.”
- **DON'T** use mothballs or boric acid dust. These products are not effective on bed bugs.
- **DON'T** use mosquito repellent in an attempt to keep bed bugs off while sleeping.
- **DON'T** throw away furniture. In most situations, beds and other furniture can be treated for bed bugs effectively. Throwing away furniture can spread the bugs to other homes and apartments.
- **DON'T** move things from room to room. Moving things from the room with bed bugs to another room in the house may spread the bed bugs.

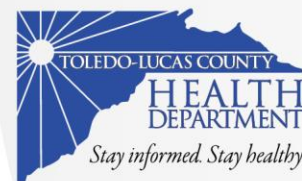
### What to DO:

- **DO** make sure it is a bed bug. Read the fact sheet “Bed Bugs: Common Questions Answered” which can be found at: <http://www.lucascountyhealth.com/environmental-health/housing-regulations/>
- **DO** contact a licensed Pest Management Professional or the local health department for advice and assistance. See our “Certified Pest Control Operators” handout for suggestions.
- **DO** carefully read and follow all the label directions and safety precautions for any pesticide products used.
- **DO** take steps to reduce clutter and organize personal possessions.
- **DO** wash clothes at the highest recommended setting. Tumble dry the clothes on high heat for 30 minutes (120 °F or above).
- **DO** discourage others from taking any discarded items infested with bed bugs by spray painting a big “X” on both sides, by cutting into the fabric so it looks ruined, or by dissembling the item to render it unusable.
- **DO** limit visitors to the home or apartment until the bed bugs are gone.
- **DO** use bed bug proof encasements on the mattress and box spring. These encasements prevent bed bugs from finding hiding places on the mattress or box spring. Bed bugs that are trapped under the encasement will die. The encasements should stay on for at least a year.

*Adapted from: University of Minnesota Extension. “What NOT to Do When You Have Bed Bugs” and the*



**If you have any questions or concerns regarding bed bugs please contact the Toledo-Lucas County Health Department Environmental Health Division at 419-213-4100 ext. 3**



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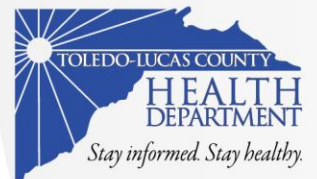
**WESTERN CLINIC SITE**  
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