

ALLEGHENY COUNTY HEALTH DEPARTMENT, HOUSING & COMMUNITY ENVIRONMENT PROGRAM

“DO-IT-YOURSELF” SUGGESTIONS FOR CONTROLLING BED BUGS AT HOME

SELF-HELP INFORMATION ON CONTROLLING BED BUGS IN THE HOME ENVIRONMENT IS ENCLOSED. A COMBINATION OF SANITATION, VACUUMING WITH THE STIFF FURNITURE BRUSH, CRACK AND CREVICE TOOL AND STRICT APPLICATION OF PESTICIDE WILL HELP YOU GET RID OF THEM. TWO PESTICIDE PRODUCTS WITH ESSENTIAL PLANT OILS (CLOVE, PEPPERMINT, CEDAR & GERANIOL), "ECO-RAIDER" AND "BED BUG PATROL", HAVE PROVEN TO BE AS EFFECTIVE AS COMMERCIAL GRADE INSECTICIDES. TO DATE, THEY ARE ONLY SOLD ON THE INTERNET AND E-COMMERCE (HOME DEPOT) WEBSITES.

STEP 1) AS 70% OF THE BED BUGS ARE IN THE BED, START BY GETTING THE BUGS OUT OF THE BED. TAKE THE BED COMPLETELY APART. CLEAN, VACCUUM & TREAT IT THOROUGHLY, THEN COVER IT WITH A MATTRESS AND BOX SPRING COVER. BED BUG PROOF COVERS ARE AVAILABLE ON LINE AND AT RETAIL MATTRESS OUTLETS. MAKE SURE THE BED/BOX SPRING IS UP ON A FRAME WITH LEGS.

2) MOVE THE BED AWAY FROM THE WALL AND OTHER BED ROOM FURNITURE WHERE THE REMAINING 30% OF THE BUGS ARE HIDING. MAKE SURE THAT NOTHING ON THE BED (BLANKET, BED SPREAD, ETC) TOUCHES THE FLOOR. INSTALL STICKY TRAPS OR INSECT INTERCEPTOR TRAPS (CLIMB UP, ETC.) UNDER EACH LEG OF THE BED. INSECT TRAPS (CLIMB UP, STICKY TRAPS, ETC) WILL STOP BUGS FROM CLIMBING BACK UP ON THE BED. THE TRAPS PROVIDE SOME PROTECTION AND WILL ALSO HELP YOU JUDGE HOW WELL YOUR PEST CONTROL EFFORTS ARE WORKING.

3) CLEAN & TREAT THE REMAINING FURNITURE BY THE BED AND IN OTHER ROOMS WHERE PEOPLE SPEND TIME WATCHING TV. REMOVE ALL CLUTTER. FOLLOW ALL SANITARY RECOMENDATIONS MADE BY YOUR LANDLORD AND THE COMMERCIAL PEST CONTROL COMPANY. FOR PEOPLE WHO MUST REMAIN IN AN INFESTED UNIT, A PORTABLE COT WITH BUG TRAPS SET UNDER EACH LEG WILL PROTECT YOU. A MOSQUITO BED NET OR SMALL TENT, SET ON TOP OF A CLEANED, TREATED BED, WITH TRAPS SET UNDER EACH LEG MAY HELP YOU GET A DECENT NIGHTS SLEEP, AT LEAST UNTIL A MORE COMPREHENSIVE CONTROL EFFORT IS CONDUCTED .

YOU MAY ALSO LOOK INTO THE COUNTY HEALTH DEPARTMENT’S “HEALTHY HOMES” PROGRAM, 412-350-4048 OR ON LINE AT WWW.ACHD.NET/HEALTHYHOMES/. A SPECIALIST SURVEYS THE HOME FOR HEALTH & SAFETY HAZARDS. BASED ON CIRCUMSTANCES, PARTICIPANTS MAY RECEIVE SUPPLIES THAT ADDRESS CHILD SAFETY, FIRE PREVENTION AND PEST CONTROL.

1. Narinderpal Singh, Changlu Wang, Richard Cooper, “Potential of Essential Oil-Based Pesticides & Detergents for Bed Bug Control”, *J. of Economic Entomology*, 107 (6) 2014.