



PROTOCOLS FOR KEEPING BED BUGS FROM ENTERING YOUR HOME/PREMISES

Inspect and Isolate Items After Traveling

- **Check Luggage and Clothing:** When returning from travel, inspect your luggage, clothing, and other items for signs of bed bugs (live bugs, eggs, or dark spots). Pay special attention to seams and folds.
- **Launder Clothes:** Wash all clothing immediately in hot water and dry on high heat, as bed bugs cannot survive temperatures above 120°F.
- **Use Luggage Racks:** When staying in hotels or other accommodations, keep your luggage off the floor and bed by using luggage racks.

Monitor High-Risk Areas

- **Inspect Secondhand Furniture:** Avoid bringing used furniture, mattresses, or bedding into your home without thoroughly inspecting them for bed bugs. Bed bugs often hide in cracks, seams, and joints.
- **Regular Home Inspections:** Regularly check your mattress, box springs, and bed frame for signs of bed bugs. Bed bugs tend to hide in small crevices near where people sleep.

Use Bed Bug Barriers

- **Mattress and Box Spring Encasements:** Use bed bug-proof encasements on your mattress and box spring. These prevent bed bugs from hiding in these areas and make infestations easier to detect.
- **Install Bed Bug Interceptors:** Place bed bug interceptors under the legs of your bed and furniture to catch bed bugs before they can climb onto the bed. These traps can help monitor for early signs of infestation.

Limit Clutter

- **Minimize Hiding Spots:** Bed bugs thrive in cluttered environments, so keep your home tidy and reduce the number of potential hiding spots, especially around sleeping areas.

Prevent Bed Bugs from Entering

- **Seal Cracks and Crevices:** Seal any cracks in walls, floors, and around electrical outlets where bed bugs could enter from neighboring apartments or areas.
- **Screen and Inspect New Items:** Inspect new mattresses, furniture, and other items before bringing them into your home.

Be Cautious in Public Spaces

- **Avoid Placing Personal Items on Public Surfaces:** When in public places such as movie theaters, public transportation, or offices, avoid placing bags, jackets, or other personal items directly on the floor or upholstered seats.
- **Check Before Sitting or Sleeping:** In hotels or other accommodations, check the bed and furniture before settling in. Look for any signs of bed bugs, such as black spots or live bugs.

Professional Preventive Measures

- **Pest Control Inspections:** If you live in a high-risk area or multi-unit housing, consider regular inspections by a pest control professional to catch potential problems early.
- **Heat Treatment:** If bed bugs are found, professional heat treatments can effectively kill bed bugs without the use of chemicals.

Educate Yourself and Family

- **Recognize Signs of Infestation:** Knowing what bed bugs, their eggs, and their droppings look like is critical for early detection.
- **Act Fast:** If you suspect bed bugs, act immediately by isolating the infested items, laundering bedding and clothing, and consulting with a pest control professional.

By following these protocols, you can significantly reduce the risk of bed bug infestations in your home. Regular vigilance and preventive measures are key to keeping bed bugs out of your home and other premises.