



# CAES

The Connecticut Agricultural Experiment Station

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## Bed Bugs Found in Beds or Furniture, What to Do.

**Steps to follow for a standard bed. Adapt approaches for other designs of beds or furniture such as couches and chairs.**

First identify the insect using a trained professional e.g., health department staff member, entomologist, and/or pest management professional, to make sure the insect is not a chimney swift bug or bat bug. Controls for those is very different.

If it is a human bed bug, follow instructions below:

### Supplies.

- A.** Obtain bed bug interceptors  
ClimbUp®, similar product, or sticky packing tape.
- B.** Tight-fitting bed bug encasement for only the box spring.
- C.** Obtain a vacuum cleaner with hose and crevice tool attachment.  
Vacuuming cleans cracks of accumulated debris and all stages of the insect including shed exoskeletons.

Vacuum crevice tool.



ClimbUp® bed bug interceptors.



Watch glasses. Bed bugs can't climb glass.

- 1.** Move the bed 6 inches away from the wall to stop bed bugs from using the wall to access the bed.
- 2.** Put the feet of the bed into either protective bed bug interceptors or use packing tape, sticky side out wrapped around the legs to stop climbing bed bugs. Platform beds should be raised on blocks or similar object(s) and protected.

3. Carefully remove all bedding from the bed, put into a large plastic bag and transfer to a dryer. Heat on “high” for 20 minutes; 30 minutes if the dryer is very full. Bed bugs can’t tolerate high heat. Washing in warm water is also effective, and they quickly drown.
  4. Slowly vacuum the mattress using the crevice tool attachment following seams and tufts. Once mattress is vacuumed, remove from the bed. Then vacuum the boxspring. Remove from the bed and put it into a bed bug encasement to trap any insects inside the wood frame.
  5. While mattress and box spring are off the bed, slowly vacuum all cracks and crevices of the bed’s frame, headboard, and baseboard. Pay particular attention to imperfections, holes or screw holes where bed bugs might hide.
  6. Remove a disposable vacuum bag from a canister vacuum cleaner and put it into a large zip-lock plastic bag. Dispose in the trash. If it is a washable canister vacuum cleaner, put the canister into a bucket of warm soapy water and soak for 30 minutes. Then clean. Bed bugs easily drown.
  7. Put mattress and box spring back onto the bed frame.
  8. Remake the bed. Be sure covers **do not** touch the floor or pillows **do not** touch the wall. These could become alternate routes for the insects.
- Repeat steps 1 to 8, ten (10) days later to catch stragglers.**
10. If you rent, notify the owner you have found bed bugs. If you own property, consult a family-owned Pest Management Professional (PMP) for additional assistance if needed.

**Never self-treat using chemicals!**



Bed with Climbup® interceptors.