

BED BUG TREATMENT GUIDE

Always read the label directions for each product before use. This document is meant as a general guide to our customers and is not meant as a replacement for reading the product labels.

STEP

1

Inspect and prepare the room(s) for treatment

Adult bed bugs are about 3/16-inch long and reddish-brown, with oval, flattened bodies. Immature bed bugs are smaller and lighter in color, making them difficult to see. Bed bugs feed at night, but during the day their tiny flattened bodies allow them to hide in very tight cracks and crevices. Initial infestations tend to be around beds, but the bed bugs may eventually become scattered throughout a room, occupying any crevice or protected location. They can even move under walls to adjacent rooms. Inspect each room carefully for live bed bugs as well as light-brown skin moltings, tiny white eggs and egg shells, and dark fecal spots (digested human blood) along mattress seams, in the cracks and crevices of bed frames, in furniture near the bed, behind headboards, on and inside of box springs, along baseboards, behind picture frames, underneath furniture and in other cracks and crevices around the room. Inspecting and treating all of the hiding places and cracks is the key to getting rid of bed bugs.

Reduce clutter off the floor so that all areas can be thoroughly inspected and treated. Be careful not to transfer bed bugs from room to room by carrying things throughout the house. If the mattress and box spring are in very bad shape or heavily infested, they should be replaced or covered with a Protect-A-Bed Bed Bug Proof Mattress Cover (sold separately). Infested bed sheets and garments should be washed and dried in a household dryer on high heat (the heat will kill bed bugs), or discarded since these items cannot be treated with insecticides.

Vacuum the floor and infested areas such as seams, tufts and edges of bedding and mattresses, inside the bed frame, and the perimeter edge of wall-to-wall carpets. Because bed bugs and their eggs cling tightly to surfaces, it is best to scrape the end of the vacuum attachment repeatedly over the target area. Do not use a brush attachment, as some bed bugs and eggs will remain alive in the bristles and be transferred to other areas of the home. Afterward, dispose of the vacuum bag in a sealed trash bag.

STEP

2

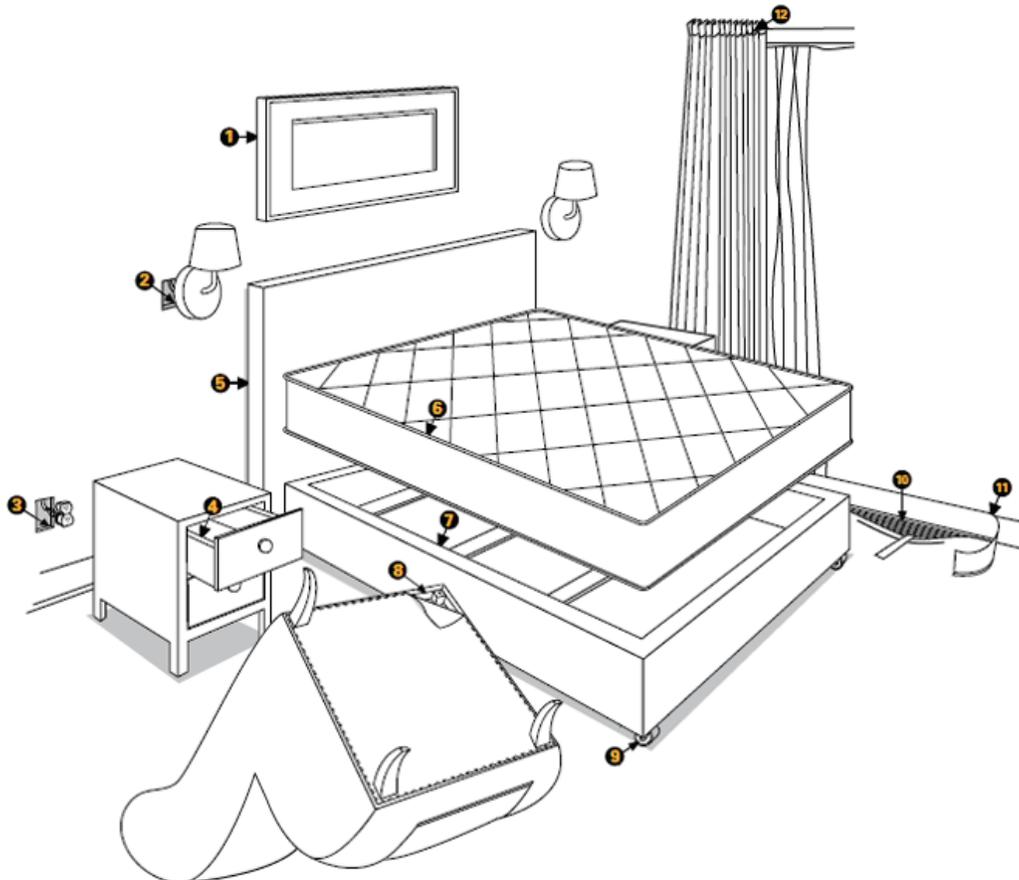
Steam treat the room (optional)

Heat treatments using a bed bug steamer are very effective at killing bed bugs and can be a great addition to your bed bug treatment program. Steam that is greater than 120°F is immediately lethal to bed bugs and their eggs. Most steamers have tip temperatures up to 220°F. Bed bug steamers can treat almost any environment, furniture piece (such as a baby crib), bed or clothing. Many professionals and hotel owners are starting to supplement their bed bug treatments with steam treatments. Please visit our website at <http://www.domyownpestcontrol.com/bedbugs> and click the link for Bed Bug Steamers.

STEP

3 Treat each room carefully

The key to successful bed bug control is to thoroughly treat all of the cracks and crevices where bed bugs hide. You should be spending at least 1-2 hours inspecting and treating each infested room. Below is a diagram that will guide you on where to treat:



Room diagram compliments of ©BASF

1. **Pictures and wall hangings** – remove from the wall and treat cracks and crevices of picture frames and behind pictures and wall hangings.
2. **Wall fixtures, lamps and table-top lamps** – remove fixtures from walls and treat behind. Treat under table-top lamps and standing floor lamps.
3. **Electrical faceplates** – Remove faceplates and use a dust to dust inside of wall voids.
4. **Drawers and furniture** – Remove drawers and treat the cracks and crevices and inside corners and edges of the interior of the cabinet, as well as the tracks and support of the drawers. Don't forget to treat the undersides of the cabinets and furniture.
5. **Headboard** – Remove headboards from the wall or dismantle to allow thorough treatment of the cracks, crevices and voids located on or behind them.
6. **Mattress** – Treat along the corners, folds and seams of the mattress. Note: Most products do not allow you to spray the top sleeping surface of the mattress. After treatment, encase the mattress in a Protect-A-Bed Bed Bug Proof Mattress Encasement (sold separately).

7. **Box spring and bed frame** – Treat the undersides, corners, seams and under stapled fabric and even the internal areas of box springs. Also spray the cracks, crevices, voids and screw holes of the bed frame. After treating, encase the box spring in a Bed Bug Proof Box Spring Encasement (recommended).
8. **Upholstered furniture** – Inspect and treat any furniture in the bedroom in a way very similar to the mattress and box spring. Pay careful attention to underneath the cushions, along the seams, folds, legs and dust liner on the underside of the furniture.
9. **Bed and furniture legs** – Inspect wheels, casters, posts, and legs of all furniture as bed bugs may be harboring there.
10. **Wall-to-wall carpets** – Inspect and treat along the edges of carpets and along the wall. Sometimes the edge of the carpet can be lifted away from the wall and treated underneath with a dust and/or spray.
11. **Baseboards** – treat any cracks in the baseboard and then treat underneath the baseboard to prevent bed bugs from crawling underneath and accessing adjacent rooms in the house.
12. **Curtains** – Remove and heat treat in a dryer, steam clean or launder. You can spot treat the curtains with bed bug products but be careful to test treat the fabric first to avoid staining.

Bed Bug Products:

Your kit may contain some or all of the following products. It does not matter in which order you use the products (though sprays are usually used first and then dusts). Read each product label carefully and apply the chemicals below as directed. It is ok to use different products in the same general areas (with one exception: see Phantom below). **Allow any sprays or liquids to dry at least 30 minutes to an hour before remaking the bed.**

	<p><u>Bedlam Plus Aerosol, Zenprox Aerosol, Temprid Ready Spray</u> – Bedlam Plus is easy to use, and doesn't require any mixing. Great for treating the mattress folds and seams and spraying in cracks and crevices such as drawers, bed frames, picture frames, underneath baseboards, etc. Use the included red crack and crevice straw tool to get into really tight cracks. Bedlam kills all stages of bed bugs including the eggs.</p>
	<p><u>Steri-Fab</u> – Excellent ready-to-use bed bug spray with alcohol that leaves no residual. Steri-Fab kills bed bugs within hours and is great for treating almost any surface, including the sitting and laying surfaces of furniture and mattresses and other sensitive areas. Treat tufts, folds and seams of the mattress, sofas, sitting areas etc. that you aren't able to treat with other products. Use to spot treat throughout the week where you see signs of bed bug activity.</p>



Cyonara 9.7, Equil Lambda 9.7 CS, Demand CS, Temprid SC, Essentria IC3, FenvaStar EcoCap – These products are liquid concentrates that are mixed with water. To use, mix 0.4 fl. oz. of Cyonara 9.7 (measure just below ½ oz. on the bottle) or 12 mL of Demand CS/Equil Lambda 9.7 CS or 8 mL of Temprid SC or 1-4 fl. oz. of Essentria IC3 or 1 fl.oz. of FenvaStar Eco Cap in one gallon of water in a plastic one gallon sprayer (sold separately). Apply as a coarse, low-pressure spray to harborage areas including crevices, baseboards, loose plaster, behind bed frames and headboards, beneath beds and furniture, and to box springs and bed frames. **Cyonara, Equil Lambda, Demand CS and FenvaStar are NOT labeled for use on mattresses. DO NOT spray any of these products on bedding linens, pillows, clothing, sitting areas or over the entire carpet.**



Phantom Insecticide - Phantom is one of the best professional bed bug products on the market and is available in a ready-to-use aerosol spray can or a bottle of liquid concentrate. Phantom in the aerosol form will kill all stages of bed bugs including the eggs (Phantom liquid concentrate only kills adult bed bugs). Phantom works best if it is sprayed alone, and not on top of or with other liquid sprays such as Demand CS, Cyonara, or even Bedlam. To use the liquid concentrate version: Mix 3 fl oz. of Phantom in one gallon of water in a *plastic pressurized sprayer* (plastic one gallon sprayer with a wand for applying insecticides -- sold separately). Adjust the nozzle on the sprayer until you have a coarse, low-pressure spray and apply Phantom to cracks and crevices such as behind the head board, in the cracks of the bed frame, underneath furniture, under baseboards, along the walls, etc. Apply to the tufts, folds and seams of the mattress until they are moist. Spray along the seams and corners and inside of the box spring. **DO NOT spray this product on mattress tops, bedding, pillows, clothing, sitting areas, or over the entire carpet.**



Cimexa Dust, Alpine Dust, EcoPCO D-X, EcoExempt D Dust – Dust products last on surfaces for 8 months to a year (and sometimes longer), allowing them to kill bed bugs long after your initial treatment. Dusts don't kill as fast as sprays or liquids, but they last longer, which is why we always recommend dusting in addition to spraying. Dusts are great for applying under baseboards around the room, for dusting on and inside the box spring itself, and for dusting in cracks and crevices where liquids may not go (such as in and behind picture frames, underneath furniture, in the cracks of dresser drawers, and in the joints/cracks and hollow tubing of bed frames, etc.). Dust products are applied using the *hand duster* which is included in your kit. Fill the hand duster about half full with dust. Shaking first and then squeezing the duster will produce a fine dust that coats almost any surface. Coat surfaces with a very light coat of dust. If you put down piles of dust, then the bugs will likely just walk around it instead of through it. We recommend holding the duster upside down (with the bellows pointing downward) which will expel less dust for a lighter coating on target surfaces.

	<p><u>Plastic 1 Gallon Sprayer</u> – <i>Sold Separately.</i> This is the product of choice when it comes to spraying any liquid insecticide concentrate such as Demand CS, Cyonara, Tempriid SC or Phantom Insecticide. Fill the sprayer up half-way full with water and then add the desired amount of insecticide. Fill the sprayer up the rest of the way to make one full gallon. Shake the container to mix the solution well, and then use the pump handle to pressurize the container. The spray nozzle can be adjusted for a heavy spray or a light mist.</p>
	<p><u>Bed Bug Proof Mattress & Box Spring Covers</u> After treating the mattress and letting the chemicals dry, you can protect your mattress and box spring with a Mattress Safe Bed Bug Proof Encasement. These high-quality terry cotton covers are certified 100% bed bug escape and bite proof. Any bed bugs you seal up in the covers will eventually die, allowing you to keep your mattress and box spring without throwing them out. In addition, mattresses and box springs covered with a bed bug proof cover are easier to treat and clean and provide fewer areas for bed bugs to harbor and hide. Infested mattresses and box springs should be covered for at least one full year to make sure that all bed bugs hiding within will die. You can spray the outside surfaces (including tufts, folds and seams) of mattress covers during re-treatments, but do not remove the covers. <i>These covers are sold separately on our website.</i></p>
 <p>Climb-up Insect Interceptor</p>	<p><u>Climb-Up Insect Interceptors</u> - provide an excellent way to trap and monitor bed bug activity in a room. Climb-Ups can be placed under bed posts, furniture legs, etc. Climb-Ups trap bed bugs when they try to gain access to furniture and beds, protecting you while you sleep and allowing you to monitor activity and determine where the bed bugs are coming from. <i>These monitoring devices are available on our website.</i></p>

STEP
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Retreat at least 2-3 times within the next two months

All infested rooms need to be retreated at least 2-3 times within the next two months. Usually you will do the first treatment, then wait two weeks, then treat again, then wait two weeks and treat again. These retreatments allow you to inspect the rooms again to monitor activity, retreat previously treated locations and treat new cracks and crevices that you may have passed over the first time. Consecutive treatments of the infested areas are **ESSENTIAL** if you want to get rid of the problem. In addition, treating again will help eliminate new bed bugs that have hatched since the last treatment. Re-treating all areas every two weeks for at least 2-3 times will continue to kill the new bed bugs until all the eggs and bugs are gone.

For the latest information on bed bug control, bed bug products, kits, pictures and more, please visit us online at:

www.DoMyOwnPestControl.com

<http://www.domyownpestcontrol.com/bedbugs>

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You may also be interested in these bed bug products on our website:

	<p><u>Verifi Bed Bug Detector</u> The Verifi Bed Bug Detector is an economical and effective approach to detecting bed bugs. FMC Verifi Bed Bug Detector works for up to 90 days of active detection and can help to detect the presence of bed bugs earlier before they have caused a heavy infestation. This is a great way to determine if a room has bed bugs, if a room has been treated successfully, or to detect possible future infestations.</p>
	<p><u>Rest Easy Bed Bug Spray</u> or <u>Essentria Bed Bug Repellent</u> All-natural travel-size bed bug sprays for treating suitcases, clothing and mattresses. Comes in a 16 oz. bottle or 2 oz. bottles for carry-on luggage.</p>
	<p><u>ZappBug Oven</u> – Portable Heat Treatment Device The ZappBug Oven uses heat to kill all stages of bedbugs by treating your household goods (like bedding, clothing, electronics, books, shoes, and small furniture pieces) with heat ranging between 120 F and 155 F. The ZappBug Oven is the largest bed bug oven available. The extra space allows you to treat more items at one time reducing the amount of time needed to fight your bed bug problem. The ZappBug is chemical free.</p>
	<p><u>Nuvan ProStrips</u> Nuvan ProStrips utilize controlled release technology to slowly diffuse a deep penetrating vapor in enclosed spaces for up to 4 months. The clean, odorless vapor will kill bed bugs on contact. One way to use the product is to take any infested equipment, radios, bags, books, etc. and place them in a large trash bag. Put one Nuvan Strip in the bag and leave the items enclosed for about 1-2 weeks. Only use in enclosed spaces such as closets, dumpsters, trash bags (to treat bed bug infested belongings), etc. Cannot be used in bedrooms or living spaces.</p>