

Bed Bug Treatment Guide

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

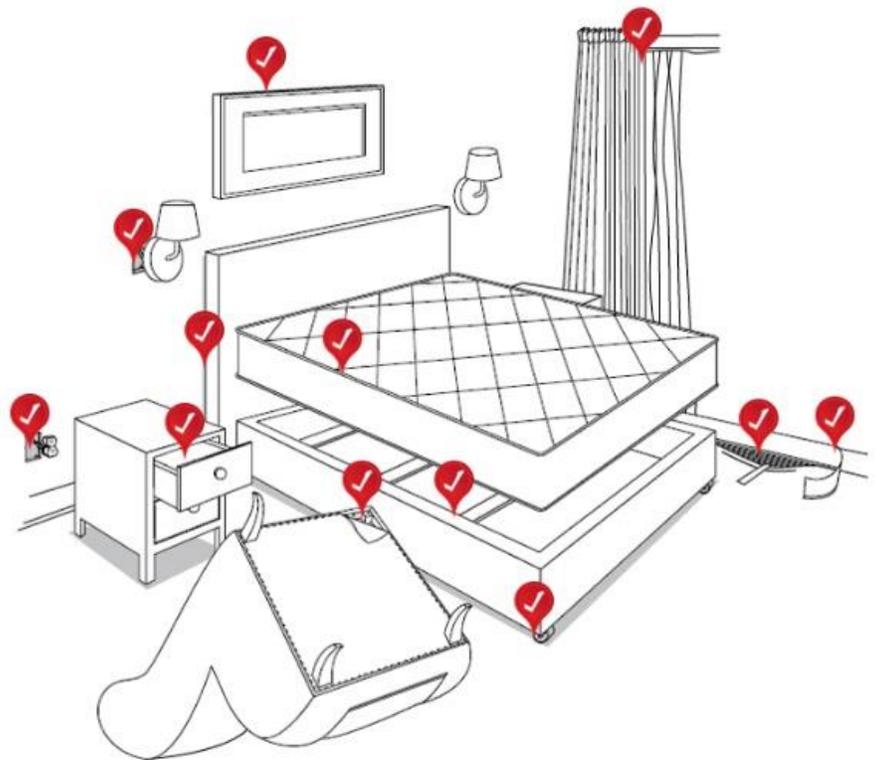
For more information on treating bed bugs, products, prevention tips, and videos, visit our website at domyown.com/bedbugs or give us a call at **866-581-7378**.

STEP 1 Prepare the Room for Bed Bug Treatment

Before you begin to do your own bed bug treatment, you will need to do a thorough inspection of the room or rooms that you suspect have bed bugs. Check mattresses (paying special attention to the crevices, tufts, and folds), bedding, furniture, and drapes for evidence of bed bugs, including feces, cast skins, blood spots, and live or dead bugs. Learn more about how to inspect for bed bugs by reading our [bed bug inspection guide](#).

Next, you will need to prepare the room or rooms where bed bugs have been found in addition to rooms that share walls with the infested rooms.

- Remove any items in the room that you absolutely cannot treat or that have already been treated. Cover items that will be removed from the room in plastic bags to prevent any unseen bed bugs from infesting another room. Be careful not to transfer bed bugs from room to room by carrying items throughout the house.
- Linens, clothing, and bed sheets should be washed and dried in a household dryer on high heat before being brought back into a treated room. The dryer needs to heat to at least 120°F to kill any bed bugs that may be lingering in the linens. This step is important as linens cannot be treated with insecticides.
- In truly heavy infestations where bed bugs may have infested personal items that cannot be treated with chemicals (stuffed animals, soft toys, blankets, books), you may eliminate bed bugs by placing these items in an air-proof bin with a vapor strip. [Vapor strips](#) can be found on [DoMyOwn.com](#).
- Keep children and pets out of the rooms that will be treated until the product(s) being used to treat for bed bugs have dried, typically 1-2 hours after use.



STEP 2 Treat Your Mattress and Box Spring for Bed Bugs

If your mattress or box spring is heavily soiled from bed bugs or has any rips or leaks that bed bugs may have infested, we recommend replacing your mattress or box spring. If this is not the case, you can keep your existing mattress or box spring. You will need to treat for bed bugs before covering with encasements.

To treat your mattress for bed bugs:

- First, remove and wash linens. Be sure to dry linens in a high heat dryer (over 120°F).
- Next, use an aerosol spray labeled for bed bugs to spray the tufts, seams, and folds of your mattress.
- Once the aerosol spray is dry, you can follow the aerosol treatment with an [insecticide dust](#), applied with a hand duster. Dusts are great for hard to reach areas like the corners of mattresses and where mattresses and box springs meet. Dusts also last for several months. Don't forget to dust your box spring as well. Remove the dust cover from the bottom of the box spring and dust in corners and crevices.
- After applying the dust, cover the mattress and box spring with a [bed bug proof mattress cover](#) and [bed bug proof box spring cover](#). These covers trap and kill any hidden bed bugs and are a barrier against bed bugs. Covers also make future bed bug inspections easier, which can be extremely beneficial when combating an infestation that may take weeks or months to treat. While these items are not included in your kit, they can be found on [DoMyOwn.com](#).
- Remake the bed with freshly laundered sheets that have been run through the dryer on high heat.
- If you chose to not use a bed bug-proof mattress and box spring cover, reapply aerosol spray every 7-10 days until you do not see any further bed bug activity.



[Bedlam Aerosol Insecticide Spray](#)



[Bedlam Plus Aerosol](#)



[Temprid Ready Spray](#)



[CimeXa Insecticide Dust](#)



[Mattress Safe Stretch Knit Box Spring Encasement](#)



[Mattress Safe Sofcover Mattress Encasement](#)

(Optional) Steam the Mattress, Box Spring, and Furniture



[Vapamore MR-100 Primo Steam Cleaning System](#)

This step is optional but highly recommended.

Use a bed bug steamer to steam mattresses, box springs, and furniture. Take your time and be thorough. A bed bug or bed bug egg must be directly contacted by steam to be killed. [Bed bug steamers](#) can be found on [DoMyOwn.com](#).

Steaming is a great option in situations where the use of pesticides must be limited due to health or other concerns. We do strongly recommend that you still treat with an insecticide labeled for bed bugs in areas where it is permissible to do so.

STEP 3 Treat Your Room with a Concentrated Insecticide

After your mattress has been taken care of, it's time to treat the rest of the room(s) where bed bugs have been found, or rooms that share walls with rooms where bed bugs have been found.

- Mix an insecticide labeled for use on bed bugs with water in a pump sprayer using the ratio found on the product label to create a bed bug spray.
- For your first treatment, use the higher rate listed below, then use the lower rate for follow-up treatments.



[Cyzmic CS](#)

Mix 0.4 oz per gallon of water



[EcoVia EC](#)

Mix 1-2 oz per gallon of water



[Temprid SC Insecticide](#)

Mix 8-16 mL per gallon of water



[FenvaStar EcoCap](#)

Mix 1-2 oz per gallon of water

- Spray onto baseboards, in corners, around door and window frames, around bed frames, and under furniture.
- Do not broadcast spray an entire carpet or floor.
- Allow product to dry before moving on to the next step.

Some areas to pay special attention to:

Bed and Furniture Legs – Treat the wheels, casters, posts, and legs of all furniture as bed bugs may be harboring there.

Wall-to-Wall Carpets – Treat and spray along the edges of carpets and where carpets meet baseboards.

Door and Window Frames - Inspect and treat around all door frames, window frames, and thresholds.

Repeat as needed. Be sure to read the product label for how often you can safely reapply.



Bed Bug Treatment Video Available on [DoMyOwn.com](#)



[ClimbUp Insect Interceptor](#)

(Optional) Bed Bug Traps

[Bed bug traps](#) can be placed under the legs of furniture and bed frames to trap bed bugs before they can climb onto furniture. This is also a good way to monitor an infestation. Bed bug traps can be found on [DoMyOwn.com](#).

STEP 4 Use a Bed Bug Aerosol Spray

Once Step 3 is complete and the insecticide mixture is dry, you can follow up with a bed bug aerosol spray.

[Bed bug aerosol sprays](#) are insecticides that have fine particles that get deep into cracks and crevices. By using both a liquid concentrate insecticide mixture and an aerosol spray, you can treat bed bugs that may have been missed or built up a resistance to one product but not the other.



[Bedlam Insecticide Aerosol](#)



[Temprid Ready Spray](#)



[Bedlam Plus Aerosol](#)

Bed bug aerosol sprays come with a straw applicator to make it easier to apply into the cracks and crevices of furniture and mattresses around the affected rooms. Don't forget to apply in drawers, picture frames, bed frames, and any other cracks you can find. You will want to allow this part of the treatment to dry before moving on.



Bed Bug Treatment Video Available on DoMyOwn.com

Some areas to pay special attention to:

Upholstered Furniture - Treat any furniture in affected rooms. Much like a mattress, any tufts, seams, or folds will require special attention. Pay careful attention to furniture legs and dust liners. Spot test an inconspicuous area first before applying to the rest of the furniture piece.

Baseboards - Treat where the baseboard meets the wall, where the baseboard meets the carpet or floor, and any cracks in the baseboard. This will prevent bed bugs from crawling along or under the baseboard to access other rooms of the home.

The Entire Bed, Not Just the Mattress - Don't forget the box spring, bed frame, and headboard (especially if the headboard is fabric). Treat along the corners, seams, stapled dust cover, and internal area of a box spring. Voids and screw holes in bed frames are a common hiding place for bed bugs, so be sure to treat each one.

Pictures and Wall Hangings - Remove from the wall and treat the back and corners of each. If needed, treat the cracks and crevices of any affected wall hangings. Wait until the spray is dry to rehang.

Drawers, Corners, and More: Treat the cracks, crevices, and joints of drawers in nightstands and dressers. Don't forget to turn drawers over and treat bottoms. Shelves and the corners of furniture should also be treated.

STEP 5 Use a Bed Bug Dust to Create a Long-Lasting Barrier

After spraying with an insecticide and following up with a bed bug aerosol, the next step in the bed bug treatment process is to apply a [bed bug dust insecticide](#).

As the name implies, bed bug dust is insecticide in a powder form. Because the dust is a slow kill, we recommend using other products in addition to the dust (see steps 3 and 4). Wait until the bed bug aerosol has dried before using insecticide dust.

Be careful to avoid over-dusting. CimeXa Dust is very fine, and it only takes an extremely small amount to kill a bed bug. Dust should be barely visible (a fine mist) when applied properly. If big puffs or large amounts of dust are applied, that's too much. Do not apply dust as a broadcast or in open areas where it will be moved around as it can become an irritant. If dust escapes into open areas, simply wipe up the excess dust with a moist paper towel.

To apply the bed bug insecticide dust:

- Fill the Bellow Hand Duster by removing the black rubber stopper on top of the duster.
- Gently unscrew the top of the CimeXa Dust, and tap into the duster.
- Fill the duster up halfway (or less), so there is plenty of room for the dust to move inside the duster. You may want to add a few small objects such as pebbles or coins to prevent clumping inside the duster.
- Replace the black stopper, then remove the cap from the extension wand.
- To apply dust, hold the duster upside down, so that the extension wand is on top, then gently squeeze the bellows between the thumb and fingers.
- Apply the dust into cracks, crevices, and other hard to reach spaces where it will not be disturbed.



[Bellow Hand Duster](#)



[CimeXa Insecticide Dust](#)



Bed Bug Treatment Video Available on [DoMyOwn.com](#)

Some areas to pay special attention to:

Electrical Covers or Faceplates - Remove faceplates from outlets and dust the inside of wall voids.

Baseboards - Dust where carpet meets the baseboard, where the wall meets the baseboard, and in corners and cracks in the baseboard.

Between the Mattress and Box Spring - Dust where a mattress meets a box spring, paying special attention to the head and foot of the bed.

Headboard and Footboard - Remove the bed headboard from the wall and dismantle enough to

access crevices, screw holes, and voids. Do the same with footboard if applicable.

Drawers and Furniture - Remove drawers from dressers, nightstands, and end tables and treat cracks, crevices, inside corners, and edges. Don't forget to turn drawers over and treat the underside, and the underside of other pieces of furniture as well.

Wall Fixtures and Lamps - Dust beneath lamps and behind wall fixtures.

STEP 6 Kill Live, Active Bed Bugs

We recommend spraying [Steri-Fab](#) in areas where live bed bugs are visible. Steri-Fab provides a contact kill on bed bugs and other insects. Steri-Fab also acts as a sanitizer. Steri-Fab does not leave any residual, meaning it can be applied virtually anywhere.

Simply shake well, then apply to desired treatment areas. Insect mortality is imminent, generally within 10 minutes of spraying.



[Steri-Fab Insecticide](#)



Bed Bug Treatment Video Available on [DoMyOwn.com](#)

STEP 7 Repeat, Repeat, Repeat!

One treatment is often not enough to eliminate a bed bug infestation. You must repeat the steps above every 7-10 days, or as often as the product labels indicate, until there is no longer evidence of live bed bugs, cast skins, fresh blood spots, or fresh bites. If you are covering your mattress and box springs with encasements, you will only have to treat the mattress and box spring once, but must repeat the other steps above for the rest of the home.

It is crucial that you stay diligent with your treatment. Depending on the severity of your infestation, it could take weeks or months before an infestation has been eliminated. Failure to repeat the treatment process will only prolong the infestation and make it harder to treat bed bugs.

For more information about bed bug treatment, step-by-step guides, and treatment how-to videos, visit domyown.com/bedbugs or give us a call at **866-581-7378**, M-F 9am-5pm EST.