



## SAFER PEST CONTROL PROJECT

# BED BUG CHECKLIST FOR TENANTS

The following checklist is designed for tenants who have, or think they have bed bugs. The first thing you should do is a simple investigation to see whether or not you have bed bugs. You may have bed bugs if one of the following is true:

- 1.) You are waking up with more than one bite mark, usually in a line or a circle
- 2.) You see red smears or stains on your sheets, mattress or other furniture near your bed
- 3.) You see live or dead bed bugs with a magnifying glass

## WHAT CAN YOU DO?

### Right away:

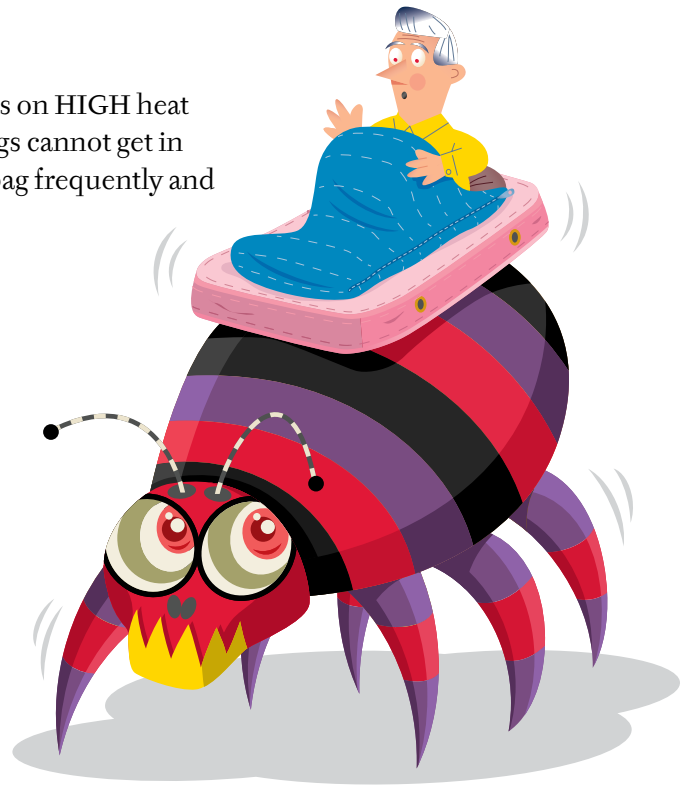
- Pull bed away from wall
- Put clothes, bedding and other items in dryer for 20 minutes on HIGH heat
- Once you remove items from dryer, seal them in bags so bugs cannot get in
- Vacuum on a regular basis. Be sure to change the vacuum bag frequently and seal bag before throwing it in the garbage.

### Over the next few days:

- Buy a mattress cover
- Caulk all cracks and crevices
- Paint your headboard/ bed frame AND nightstand
- Eliminate clutter
- Continue to vacuum at least once a day
- Change sheets as often as possible

### If the problem remains:

- Steam clean
- Use least-toxic products where appropriate
- Call Metropolitan Tenants Organization
- Talk to your neighbors and organize



## IF YOU SUSPECT BED BUGS ARE IN YOUR HOME: DOS AND DON'TS.

- DO** call your landlord
- DO** call 311
- DO** call your Alderman's office
- DO** talk to someone who can help you
- DO** always read and follow directions when using pesticides
- DON'T** throw away your furniture or belongings
- DON'T** panic
- DON'T** bug bomb
- DON'T** use pesticides not approved for bed bugs
- DON'T** spray mattress or self unless pesticide is labeled for such use