



## SAFER PEST CONTROL PROJECT

# BED BUG CHECKLIST FOR TENANTS

**Do you think you have a bed bug problem? Are you...**

- 1.) Waking up with bite marks, usually in a line or a circle?
- 2.) Seeing red smears or stains on your sheets, mattress, or other furniture near your bed?
- 3.) Seeing live or dead bed bugs through a magnifying glass?

**If you answered yes to any of the above, you may have a bed bug problem. Use this checklist to help you figure out what to do next.**

### WHAT CAN YOU DO?

#### Right away:

- Pull bed away from wall
- Put clothes, bedding, and other items in dryer for at least 20 minutes on HIGH heat
- Once you remove items from dryer, seal them in bags so bugs cannot get in again
- Vacuum on a regular basis. Remove vacuum bag or contents, place into a plastic bag, seal tightly, and dispose right away.



#### Over the next few days:

- Buy a bed bug mattress and/or box spring cover
- Caulk all cracks and crevices, such as along baseboards and around windows
- Paint or seal your headboard/bed frame AND nightstand
- Eliminate clutter
- Do not store items under the bed
- Continue to vacuum at least once a day
- Launder clothing and bedding regularly

#### If the problem remains:

- Steam clean
- Use least-toxic bed bug products where appropriate
- Call your local elected official
- 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 your elected public official(s)
- DO** talk to someone who can help you like:  
Local or State Health Department  
University Extension office
- 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

Safer Pest Control Project is a not for profit organization dedicated to reducing the health risks and environmental impacts of pesticides and promoting safer alternatives in Illinois.

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