



Bed Bug Control

How are bed bugs controlled?

Bed bugs are challenging pests to control. Use of a licensed pest control operator is recommended.



Courtesy of City of Winnipeg



Courtesy of T. Stuart

Find out where bed bugs are. They hide in tiny places, so inspections and treatments must be thorough to find all the adult and immature bed bugs plus the hiding places where eggs have been laid. Inspect your bed by examining the seams, tufts and crevices of the mattress as well as the box spring, bed frame and headboard. You may have to remove the cloth underside of the box spring to determine if there are bugs inside.

Remove clutter and clean in areas where bed bugs are likely to hide. Vacuum daily. All infested areas should be

vacuumed carefully to capture bed bugs and eggs. Vacuum carpet edges, upholstered furniture, and mattresses. Dispose of vacuum bag in a sealed plastic bag. Remove from home immediately.

Launder mattress pads, sheets, clothes, linens and other items in the hottest water possible and place in a hot dryer for twenty minutes. Store clean items in sealed bags. Infested mattresses and box springs can be steam treated (500C) and wrapped in zippered bed encasements with duct tape over the zipper. In some cases the bed or other furniture may need to be discarded. Seal items in plastic before disposal to prevent spread of bed bugs.

Items that cannot be laundered can sometimes be treated by heating the item to a core temperature (50°C). Freezing can be a helpful tool but it is not 100% effective. Freeze items to a core temperature (-17°C) for seven days. Freezing may not be effective on eggs.

Eliminate bed bug hiding places and seal cracks and crevices between baseboards, floors and walls with caulking. Repair peeling wallpaper or cracked plaster.

Pesticides are a part of integrated pest management principles for safe and effective pest control. Always follow label directions to minimize exposure and maximize efficacy of the product.

Bed bugs cannot easily climb metal or polished surfaces. To avoid being bitten while waiting for treatments to work use a barrier. Cover the legs of beds with double-sided carpet tape or place the legs of beds inside metal tins and spread petroleum jelly on the inside of the tin and bed legs. This will help if the beds bugs are coming from cracks and crevices in the room. Make sure sheets do not touch the floor or the barriers will be ineffective.

After first treatment a room should be re-inspected within two weeks to deal with hatching eggs. It can take several treatments to eliminate bed bugs.



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