

# Bed Bug Treatment Protocol

Here is my personal checklist of items that you can start using today to start getting rid of Bed

These items do not need to be done in order, but its very important to make sure you do all the items on the checklist.

- ▶ Put all your clothes into large plastic bags
- ▶ Put all your bed linens into a large plastic bag
- ▶ Wash all linens/clothes. Dry in hot heat atleast 60min. Cant dry in high heat... take to dry cleaner
- ▶ Put clean clothes into a new large plastic bag
- ▶ Remove all items under bed, put into plastic bags, inspect and clean as needed
- ▶ Take down pictures off wall and inspect for bedbugs or feces (black pepper) and vacuum
- ▶ Open up outlet covers and inspect for bedbugs, feces, and dead skin from bedbugs (looks like a bedbug but its dead skin). Take a crack/crevice vacuum tool and vacuum inside the outlet covers
- ▶ Vacuum bed, boxspring, headboard/footboard. Take apart bed to vacuum all cracks and crevices
- ▶ Vacuum all baseboards, area between baseboard and flooring
- ▶ Vacuum all furniture. Inside and out. Vacuum in all cracks and crevices
- ▶ If you have not steamed cleaned your carpets in a while, this is not a bad time to do it
- ▶ Do not release all your clean clothes out of plastic bags until you are sure you have gotten all the bed bugs and found the source.