



Connecticut Coalition Against Bed Bugs

First steps to manage bed bugs in the bed

Dr. Gale E. Ridge

(203) 974-8600

1. Move the bed 4 to 6 inches away from wall, so that bed bugs can not reach bed.
2. Put the feet of the bed into either protective bed bug barrier cups/bed bug interceptors traps or use packing tape, sticky side out wrapped around bed legs to prevent bed bug movement. Platform beds should be raised on blocks or similar object and the blocks protected.
3. Take the mattress and box spring out of the bed frame and put them into tight fitting mattress and box spring encasements. If encasements are too large, the loose folds will protect bed bugs.
4. Keeping the mattress and box spring away from the bed, carefully follow all cracks and crevices of headboard, baseboard and frame with a vacuum cleaner crevice tool. Remove the vacuum bag, put it into a large zip-lock plastic bag and dispose of in the trash. This is not a total control method, but will clean cracks and crevices, and remove some of the bed bugs.
5. Put mattress and box spring back onto the bed.
6. Wash linens, or put them into a dryer for ½ hour at high temperature. This will kill all bed bug stages.
7. Remake the bed and be sure covers do not touch the floor. These could become alternate routes for the insects.
8. Contact a license pest management professional to control the bed bugs or your landlord.



WWW.CT.GOV/CAES