



# Bed Bugs

## Action Plan

### Did you know?

*While having bed bugs in your house can be stressful, there are safe and effective steps you can take to eliminate them.*

- If you suspect there are bed bugs in your home,
  - Look for signs of bed bugs, particularly in sleeping areas.
    - Bites on your skin
    - Blood spots on your sheets
    - White or pale yellow eggs
    - Shed skins
  - Use bed bug monitors, pitfall style traps (shaped like a dish) placed under or next to furniture legs. They also let you know if your treatment has worked or if more is needed.
- To safely eliminate bed bugs at home,
  - Don't throw away your belongings! Place fabric items in a dryer on high for 30 minutes. This kills bed bugs and eggs.
  - Store clean clothing, bedding, and other belongings in airtight bins with lids or tied clear plastic bags. Even items that can't be cleaned can be stored in airtight bags until the bed bugs inside die, this can take up to 6 months.
  - Vacuum bedrooms, especially under the bed. Empty and clean the canister and throw out contents, or change the bag and throw it out right away.
  - Don't discard your bed. Use bed bug-proof encasements on your mattress and box spring. In sleeping areas, fill in openings in walls and floors where the bed bugs can hide.

[more →](#)



- Avoid using over-the-counter sprays and foggers or “bombs.” These products don’t work and can expose you to harmful chemicals. They can also scatter the bugs, making them harder to eliminate.
- If possible, hire a licensed pest control company, or if renting and your landlord schedules pest control treatments then report to your landlord. In multifamily housing, do not try to eliminate bed bugs yourself.

## Resources

New York State Integrated Pest Management (NYSIPM) [bed bug site](#), which includes tips on how to avoid while traveling. To learn more about safer pest management:

[epa.gov/safepestcontrol](http://epa.gov/safepestcontrol)

[epa.gov/asthma](http://epa.gov/asthma), select “Asthma Triggers: Gain Control.”

[health.ny.gov](http://health.ny.gov), search “Pesticides” and select “Pests, Pesticides & Repellents” from the search results.

For more information, visit: [nyscheck.org/rxs](http://nyscheck.org/rxs)



Image of a Pitfall style trap.



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