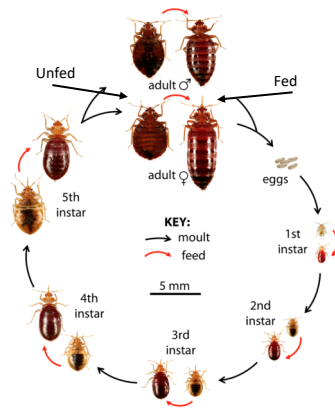


Bed Bug ID and DIY Treatment Card

Bed Bug Life Cycle



Bed bugs take 5-10 minutes to complete a feeding.



www.ikecoalition.org

DIY Bed Bug Tips

- Trap and kill bed bugs by forcing them out of cracks and crevices with a putty knife or this card. Catch them with packing tape, vacuum or crush in a paper towel.



- Vacuum carpets, floors, furniture, bed frames, cracks and crevices daily. Empty vacuum or seal and dispose of its bag after each use.
- Get rid of clutter to reduce places bed bugs can hide.
- Wash (washable) items in hot water and dry on highest setting for at least 30 minutes.
- Enclose infested mattresses and box springs in a bedbug encasement for at least a year.
- Repair cracks, repair or remove loose wallpaper and tighten light switch and outlet covers.
- Discard heavily infested items that are difficult to treat. Encase in plastic and clearly mark: "Infested with Bed Bugs"

