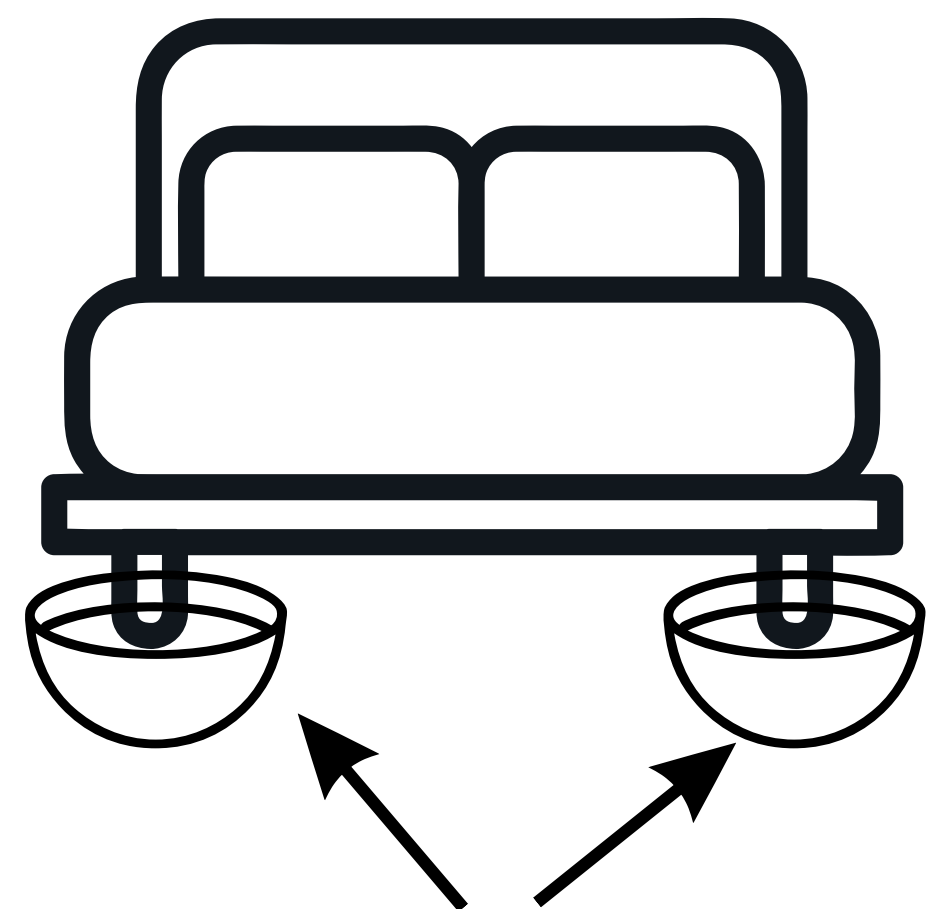
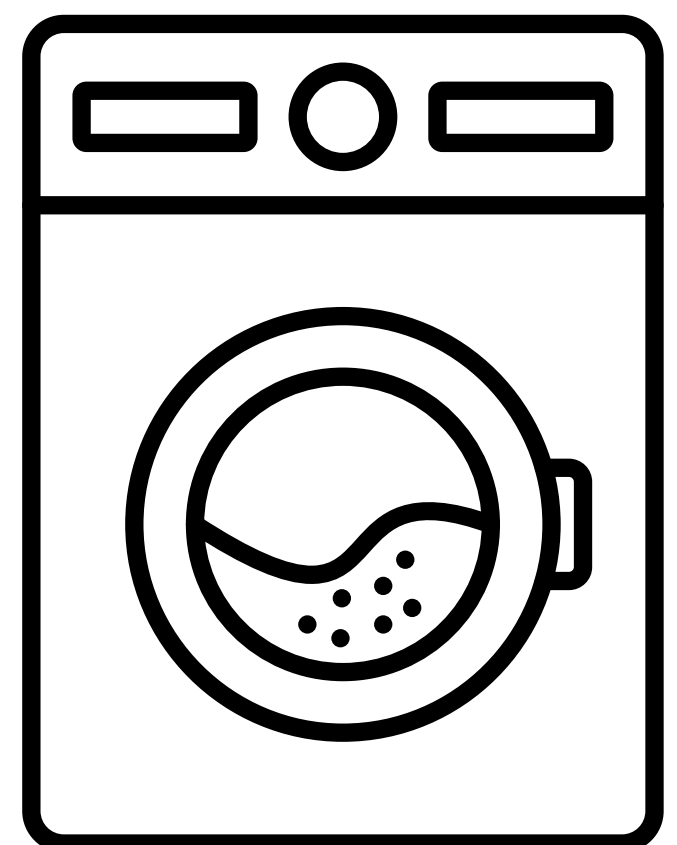


Bed Bugs

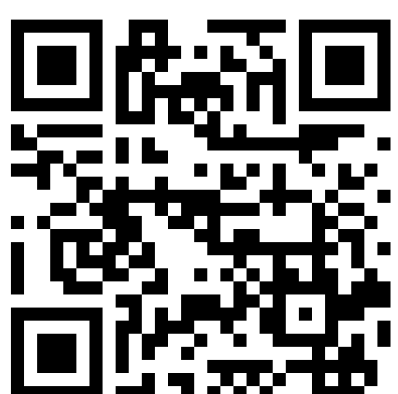
Remember: Bed bugs live in the surrounding environment, **not** on your skin. The treatment is to **clean, sanitize, and destroy** the bugs where they live.

Steps You Can Take:

1. **Wash** your bed sheets, clothes, and other washable items in the **washer and dryer with the highest heat settings.**
2. For **non-washable items** treat with heat over **120°F for 2 hours**, or **cold** under **23°F for 5 days.**
3. If drycleaning, **make the drycleaners aware** so items are not removed until ready for cleaning.
4. **Hand wash luggage with hot water and soap. Scrub** with a brush
5. **Vacuum all surfaces** including furniture, mattresses, box springs, floors, cracks, and headboards. **Throw the vacuum bag away outside.**
6. Place the foot of your bed posts into **plastic containers with talcum powder** and/or **encase your mattress in a plastic sealed bag.**
7. **Consider calling a professional** for treatment if the bed bugs persist.



Plastic bowls with talcum powder



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Sources:

<https://www.aafp.org/pubs/afp/issues/2012/1001/p653.html#:~:text=The%20diagnosis%20of%20a%20bedbug%20infestation%20is%20based,generalized%20urticaria%2C%20iron%20deficiency%20anemia%2C%20and%2C%20rarely%2C%20anaphylaxis.>