

Bed Bug Preparation & Containment Checklist

Evidence-based Integrated Pest Management (IPM) | Non-commercial educational printout

Scope & Safety Notice:

Step-by-step instructions for laundering bedding, encasing mattresses, decluttering bedroom perimeters, and avoiding cross-room dispersal before professional treatment.

1. Bedding & Textile Laundering Protocol

- ☐ Strip all sheets, pillowcases, blankets, and bed skirts directly into heavy plastic bags before moving.
- ☐ Seal bags tightly before carrying through the home to prevent dislodging bed bugs in hallways.
- ☐ Wash textiles on the hottest cycle permitted by fabric care labels (minimum 120°F / 49°C).
- ☐ Tumble dry on high heat for at least 30 consecutive minutes to eliminate eggs and nymphs.
- ☐ Store freshly laundered clean bedding in sealed, clean plastic bags until rooms are remediated.

2. Mattress & Furniture Isolation

- ☐ Install certified bed bug bite-proof zippered encasements over both mattress and box spring.
- ☐ Pull the bed frame at least 6 inches away from walls, baseboards, and nightstands.
- ☐ Ensure bed skirts or blankets do not hang down to touch the flooring, creating pest bridges.
- ☐ Place interceptor monitoring traps beneath all four bed legs to catch insects crawling up.

3. Decluttering & Vacuuming

- ☐ Declutter bedroom floors, closets, and under-bed storage; discard unneeded cardboard boxes.
- ☐ Vacuum mattress seams, headboard tufts, baseboards, and floor perimeters with a crevice tool.
- ☐ Immediately empty vacuum contents into a sealed plastic bag and deposit directly into outdoor trash.
- ☐ Do NOT use over-the-counter foggers or bug bombs; aerosol repellency causes bugs to scatter.

