



MIDWEST PESTICIDE
ACTION CENTER

BED BUG CHECKLIST FOR TENANTS

Do you think you have a bed bug problem? Are you...

- 1.) Waking up with bite marks, usually in a line or a circle?
- 2.) Seeing red smears or stains on your sheets, mattress, or other furniture near your bed?
- 3.) Seeing live or dead bed bugs through a magnifying glass?

If you answered yes to any of the above, you may have a bed bug problem. Use this checklist to help you figure out what to do next.

WHAT CAN YOU DO?

Right away:

- Pull bed away from wall
- Put clothes, bedding, and other items in dryer for at least 20 minutes on HIGH heat
- Once you remove items from dryer, seal them in bags so bugs cannot get in again
- Vacuum on a regular basis. Remove vacuum bag or contents, place into a plastic bag, seal tightly, and dispose right away.



Over the next few days:

- Buy a bed bug mattress and/or box spring cover
- Caulk all cracks and crevices, such as along baseboards and around windows
- Paint or seal your headboard/bed frame AND nightstand
- Eliminate clutter
- Do not store items under the bed
- Continue to vacuum at least once a day
- Launder clothing and bedding regularly

If the problem remains:

- Steam clean
- Use least-toxic bed bug products where appropriate
- Call your local elected official
- Talk to your neighbors and organize

IF YOU SUSPECT BED BUGS ARE IN YOUR HOME: DOS AND DON'TS.

- DO** call your landlord
- DO** call your elected public official(s)
- DO** talk to someone who can help you like:
Local or State Health Department
University Extension office
- DO** always read and follow directions when using pesticides
- DON'T** throw away your furniture or belongings
- DON'T** panic
- DON'T** bug bomb
- DON'T** use pesticides not approved for bed bugs
- DON'T** spray mattress or self unless pesticide is labeled for such use

Midwest Pesticide Action Center is dedicated to reducing the health risks and environmental impacts of pesticides and promoting safer alternatives.

4611 N. Ravenswood Ave., Suite 107, Chicago, Illinois 60640 Tel: 773-878-7378 Fax: 773-878-8250 Web: www.midwestpesticideaction.org