



# CITY OF MANCHESTER

## Department of Health

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## Recommendations for Treating a Dwelling for Bed Bugs

Treating a dwelling for bed bugs can be very difficult. Before beginning, confirm that bed bugs are indeed present. The Manchester Health Department can assist you if necessary. If the bed bug infestation is large, or if you are unsure about treating, contact a licensed pest control operator. Pest control operators are listed in the Yellow Pages of your phone book. If you decide to treat a dwelling for bed bugs, the entire dwelling should be treated completely and at one time. Treating over a period of days is less effective and risks re-contaminating treated areas as bed bugs migrate from untreated areas. It takes only one female to begin an infestation.

The following steps are provided as a guideline to treat a dwelling:

### Before You Begin, You Will Need:

- Several sturdy trash bags with ties
- Vacuum cleaner (HEPA vacuum is best)
- Pesticide spray specific for bedbugs (Same spray as for Lice Control. Spray can label should list an Active Ingredient of 0.50% Permethrin))
- Approved face mask for pesticides, if sensitive to pesticide sprays
- Vinyl zippered mattress and pillow covers
- Available laundry facilities, coins if coin operated

### Remove and Wash Items

- 1) Collect all bedding, clothing, pillows, and washable materials from all rooms (including bathroom throw rugs, curtains, dish towels) and place into trash bags. Seal bags.
- 2) Wash all laundry, bedding and other washable items in hot water and dry in a hot dryer. Do not place cleaned items into used plastic bags. Place dirty trash bags in a sealed trash container away from the dwelling.
- 3) Do not bring back bedding, clothing and other clean items back into dwelling unit until treatment is complete.

### Vacuum All Surfaces

- 4) Vacuum all surfaces with a strong suction vacuum. If available, a HEPA-style vacuum works best. Vacuum all walls, floor crevices, around heating units, baseboards, picture frames, all furniture and mattresses. Be sure to **immediately** discard vacuum cleaner bag in a sealed trash container away from the dwelling.

Spray canister vacuum with approved pesticide spray (see below) when finished.

- 5) Heavily infested pieces of upholstered furniture are difficult to treat and should be discarded. Call the Highway Department 624-6444 for special pickup. (If you are able to see bugs in daytime or find them with little effort consider the infestation to be heavy.)

### **Use a Pesticide Spray**

Before using any pesticide spray, make sure that you have the correct spray. Use a spray for lice or bed bug control that lists an active ingredient of 0.50% Permethrin on the label. If you have questions on a pesticide spray, call the Health Department at 624-6466. Before beginning, make sure that all children or any person with asthma or other respiratory concern are out of the dwelling. They should remain out of the unit during spraying and for at least 6 hours after spraying. Ventilate the dwelling during and after spraying by opening windows, doors, and running fans. **ALLWAYS FOLLOW THE MANUFACTURER'S DIRECTIONS ON THE LABEL OF THE SPRAY CAN.**

- 6) Remove mattress and box spring and take apart bed frame. Spray all mattresses, box springs and bed frames with lice/bedbug spray so that the entire area is covered. Remove fine mesh on the underside of the box spring and discard. Spray up into the corners of the box spring where the box spring covering material is gathered.
- 7) Spray all upholstered furniture, applying an even coat on all surfaces. Be especially careful to treat all seams/folds/buttons of upholstery. Spray other furniture, wall coverings and picture frames as needed.
- 8) Spray carpeted rooms after vacuuming. Pay particular attention to carpet edges and room corners. If infants or young children reside in the dwelling, ensure that children's hands are washed frequently, especially after contacting sprayed surfaces.

### **Final Steps**

- 9) After vacuuming and spraying box springs and mattresses, cover both with zippered vinyl mattress covers. Leave zippered covers on for at least one year.
- 10) After washing and drying pillows, cover with zippered vinyl pillowcases. Leave zippered cases on for at least one year.
- 11) A second treatment may be required if bed bugs are discovered after the first treatment. Contact the Health Department at 624-6466 for more information.
- 12) Check the building for bird or bat infestations. Bat bugs are associated with birds and bats and may be misdiagnosed as bed bugs. Bird or bat infestations must also be addressed.