

# Make Your Bed an Island

Reduce bites right away  
by isolating the bed.



- 1** Get rid of clutter in your room.
- 2** To kill the bed bugs and eggs, place bedding and pillows in the dryer on a hot setting for at least 30 minutes.
- 3** Pull your bed away from the wall and curtains, and leave it in the centre of the room.
- 4** Vacuum your mattress and box spring very well with the vacuum's crevice tool. Make sure to go over seams, handles and buttons. This will remove bugs found on the surface.
- 5** Vacuum your bed frame and headboard including areas where there are screws and fasteners.
- 6** Throw away the vacuum bag contents in a sealed plastic bag and place it in an outdoor garbage can.
- 7** If there are cracks or holes in your bed frame, apply some caulking to prevent the bugs from getting in.
- 8** Place your mattress and box spring in a zippered mattress cover.
- 9** Do not use bed skirts as the bed bugs will use them to climb back into your bed.
- 10** Keep bed sheets and blankets tucked in so they do not touch the ground.
- 11** Cover the feet and legs of the bed frame with petroleum jelly (Vaseline). This will make these surfaces slippery and will prevent the bugs from climbing into your bed. Clean the legs and apply a new coat of petroleum jelly as needed.



*This initiative has been generously funded by  
the Ontario Ministry of Health and Long-Term Care.*

12/2011