Bed bugs are very common. They don’t discriminate and can hitch-hike on clothing or luggage. You may pick them up in a hotel, plane, or cab. Having bed bugs doesn’t mean a home, office, or building is dirty.

Pesticides or other chemical treatments will not work alone to get rid of bed bugs. If you do bring bed bugs home, you must prepare for treatment by following the steps suggested in this brochure.

Check out our Bed Bug Awareness Videos on Tanana Chiefs Conference YouTube Channel at

https://www.youtube.com/user/TananaChiefs

Or visit www.tananachiefs.org and type “bed bugs” into the search bar

Provided by
Tanana Chiefs Conference
Office of Environmental Health

Contact OEH for more information:
(800) 478-6822
First confirm the presence of bed bugs by contacting a pest control professional, your local OEH, or the Cooperative Extension Service for a positive ID. It is easy to mistake other bugs for bed bugs.

Once you have confirmed there are bed bugs in the home:

1. Put all washable fabric items (clothing, sheets, blankets, stuffed animals) in strong trash bags and seal closed.
2. Empty contents of bags into a clothes dryer & dry items on high heat for at least 30 minutes. Seal and throw away empty trash bags.
3. Store clean laundry out of affected areas until the rest of the steps are completed.
4. Remove any clutter (boxes, bags, books, etc.) and vacuum all surfaces with a good vacuum. Also vacuum furniture, mattresses, floors, baseboards, and any crevices.
5. Immediately dispose of the vacuum contents or vacuum bag into a trash bag. Seal the bag and dispose of outside the home.
6. Seal mattresses, box springs, pillows, or other furniture in bed bug proof encasements. Keep sealed for one year.
7. Have a pest control professional treat the home. If this option isn’t available, contact the Cooperative Extension Service or your local Office of Environmental Health to help create a plan for your home.

Bed bugs are difficult to get rid of. Some things to remember & share:

Managing a bed bug problem takes time, patience, and repetition. Be prepared to do a lot of vacuuming and a lot of laundry to get rid of the problem.

Heat kills bed bugs. At least 30 minutes in a dryer on high heat should do the trick.

We do not recommend the use of any over-the-counter pesticides/chemicals. These do not work well and can be harmful to you and your family.

Interceptors or traps may be used to monitor for the presence of bugs and help slow their movement.

If you decide to throw away any infested furniture/items, destroy it or mark it to prevent others from picking it up and bringing into their home.

Cracks and hard-to-reach areas can be dusted with Diatomaceous Earth. It is not good to breathe this dust in; follow the label instructions for safe use.

Focus on the entire house, not just one problem room. A few bed bugs from one area can quickly re-spread throughout the house.

It is best to prevent bringing bed bugs home in the first place. Always inspect your bed and luggage when you travel.

Avoid taking second-hand furniture. It could have bed bugs in it. Remember to wash & dry any second-hand clothes before putting away.

Bed bugs are not known to transmit any diseases.

ELDERS’ HOMES MAY BE MORE SUSCEPTIBLE TO INFESTATIONS FOR SEVERAL REASONS:

- Elders may not feel bites or have a reaction to bites.
- Poor eyesight might prevent them from seeing any bugs.
- If they live alone, a problem may get very bad before anyone notices.

If you suspect an elder has a bed bug problem, please tell a family member or contact TCC’s Elder Care Program. While bed bugs are not a medical emergency, they should not be ignored.