**Best Bed Bug Tips to Know...**

Ampulex Pest Control

One thing we've found out about bedbugs is they do not discriminate and can be tricky to get rid of if you don't follow a few basic steps! Normally, where one bed bug is found many remain hidden and rarely seen by the untrained eye. This is one reason it is important to be *proactive* at first sign of a bed bug to avoid a heavy infestation that becomes more difficult to manage.

**What do Bed Bugs Look Like?**

It is important to know what bed bugs look like. You can see many images of bedbugs, shells, and skin casings on our website [www.AmpulexPestControl.com](http://www.ampulexpestcontrol.com).

Bedbugs are small, oval, brownish insects that live on the blood. Adult bedbugs have flat bodies about the size of an apple seed. After feeding, however, their bodies swell and are a reddish color. Bedbugs do not have wings or fly, but they can move quickly over floors, walls, and ceilings. Typically, they can go unnoticed in a home for a while before being seen. It is important to contact a professional for help when deciding treatment of bed bugs, but here are the most important steps to follow if you find them in your residence.

**Clutter is Bedbugs Best Friend**

One of the most important step when dealing with bed bugs is reducing clutter. Bedbugs are incredible hiders, so clutter just makes that easy for them to do so.

Remove all personal items (stuffed animals, soft toys, blankets, electronics, etc) and anything that does not stay in the room permanently. Be mindful that items from the infested area can transfer bed bugs to other areas. It is best to collect items in the infested room and place in sealed bag to be laundered.

Dispose of excess clutter throughout the home, such as paper trash and replace cardboard storage with plastic totes that can be sealed with a lid. Ensure all areas of the residence can be easily accessed for treatment. Excess clutter not only creates a multitude of hiding places for bed bugs, but also can limit treatment efficacy.

**The Dryer is Your Best Friend**

Bed bugs also hate high heat, so when returning home from a trip or place that has a known bed bug infestation or high risk of need bug traffic it is best to launder all clothing and linens in hot water and dry on highest heat for at least 40 minutes when returning home.

If dealing with an active bed bug infestation your dryer is one of your best defenses. Infested garments and bed linen cannot be treated with insecticide. They need to be laundered in hot water (120 degrees fahrenheit minimum) and dried at the highest heat for at least 40 minutes. Once all personal plush items such as bedding or infested clothing are collected in bags immediately wash, dry, and return to new sealed bags or totes. After treatment is complete you may return items to room. It is best to only return items that will be needed until the residence has been effectively cleared on live activity.

**Vacuum Regularly**  
Vacuum the room extensively. Use a vacuum hose attachment to thoroughly vacuum cracks and crevices on furniture and along baseboards on the walls. Vacuum all baseboards, furniture, bed rails, headboards, foot boards, bed seams, edges of the bedding, as well as the edges of the carpets. Bed bugs cling tightly to surfaces, so it is best to vacuum by scraping the end of the vacuum attachment over the infested areas to pull out the bed bugs. Dispose of vacuum cleaner bags after you are finished in an outdoor trashcan. Do this on a daily basis.

**Get Professional Help**

Even when taking these precautions unfortunately sometimes bed bugs still make it home with you. Don't panic! You don't want to deal with bed bugs without a professional. Ampulex offers affordable bed bug control with a minimum 90 day warranty. Check our reviews to hear from our customers. Call (513)550-5352 for fast and free quote!

[www.AmpulexPestControl.com](http://www.ampulexpestcontrol.com)