



**City of Stamford  
Department of Health & Social Services**

**BEDBUG TIPS**

**The following bedbug prevention tips will help you reduce your risk of bedbugs:**

- Wash all bedding regularly in hot water. The water should be at least 120 degrees.
- Vacuum floors regularly. Use the nozzle attachment to vacuum in hard to reach spaces such as baseboards, bed frames and mattresses.
- Seal your mattress and box spring with a plastic cover or hypo allergic mattress cover. Bedbugs can't hide on plastic covers.
- If you purchase used furniture, examine it for bed bugs. Pay special attention to used mattresses and bed frames.
- Check your own bed for bedbugs occasionally.
- Check all adjoining walls of apartments that surround you for any openings.
- Inspect any items that you bring into your home. Furniture and clothing put out by others for garbage collection could be infested with bedbugs or other pest.
- Prevent future bedbug infestation by sealing all cracks and crevices between baseboards and on wood bed frames. Caulk floors and walls. Secure loose electrical outlet plates and covers and seal any openings where pipes, wires or other utility services enter into your home.
- Prepare for extermination by removing everything from dressers, drawers, closets, shelves, cabinets, counter tops and placing them in plastic bags. Provide a clear access to all baseboards, keep floor free of clutter and move all furniture at least 2 feet away from walls.
- Vacuum all infested rooms including mattresses, bedsprings, couches, chairs, closets, dresser and nightstands.
- Place vacuum bags in sealed plastic bags and discard.
- Discard all clutter and other unnecessary items from infested rooms.
- Please note if infested mattresses are discarded they cannot be re-used.