



## Post-Treatment Instructions: Keeping Bed Bugs Away for Good

Following a bed bug treatment, it's crucial to take preventative measures to ensure these pests don't return. Here's how to maintain a bed bug-free environment.

### Monitor and Inspect:

- **Weekly Inspections:** Thoroughly inspect your mattress seams, box springs, furniture, and baseboards for live bugs or shed skins (small, brown casings) every week for at least 6 months.
- **Focus on Hiding Spots:** Pay close attention to areas around the bed frame, headboard, and tufts on the mattress. Check behind furniture, along baseboards, and in clutter-prone areas.

### Maintain Cleanliness:

- **Vacuum Regularly:** Vacuum carpets, floors, furniture, and baseboards at least twice a week. Dispose of the vacuum bag immediately after use in a sealed plastic bag and place it outside in the trash.
- **Wash Bedding Weekly:** Continue washing all bedding, pillows, and stuffed animals in hot water (at least 130°F) and dry on high heat for at least 30 minutes.

### Minimize Hiding Places:

- **Declutter Regularly:** De-clutter your bedroom and living areas to minimize potential hiding spots for bed bugs. Store items in sealed containers whenever possible.

### Long-Term Prevention:

- **Travel Smart:** Inspect hotel rooms for signs of bed bugs, especially around the mattress and box spring. Keep luggage items off of the bed. Store luggage in plastic bags or garage when not in use.
- **Second-Hand Items:** Be cautious when acquiring second-hand furniture or mattresses. Inspect them thoroughly before bringing them into your home. If unsure, consider professional treatment for used items.

### Seek Help Immediately:

- **Report Activity:** If you see any live bed bugs or signs of activity after the treatment, contact your BioPest technician.
- **Remember:** Maintaining a clean and clutter-free environment, combined with regular inspections, is key to keeping bed bugs at bay. By following these post-treatment instructions, you can achieve a restful sleep and a bed bug-free home.