

BED BUG KIT INSTRUCTION GUIDE

Always follow and read the label directions for each product before use. This document is meant as a general guide to our customers and is not meant as a replacement for reading the product labels.

STEP

1 Inspect each room very carefully

The most important step in successful bed bug control is making sure that you treat all of the cracks and crevices where bed bugs hide. This preliminary step will take some time but it is worth the effort! Bed bugs are not always easy to see, and so you may need to use a magnifying glass and a flashlight if possible. Bed bugs feed at night, but during the day their tiny flattened bodies allow them to easily hide in cracks and crevices close to beds and sleeping areas. Initial infestations tend to be around beds, but the bugs eventually may become scattered throughout a room, occupying any crevice or protected location. They also can spread to adjacent rooms or apartments. So look for dark fecal spots (digested human blood), light brown skin moltings, tiny white eggs and egg shells, or even the bugs themselves in all of the following areas:

- **Bedding** – Check for dark fecal spots and live bed bugs on sheets and mattress covers.
- **Mattresses** – Inspect carefully along the tufts, folds and seams.
- **Bed frames** – Especially check behind the headboard, footboard, and hollows of the side railings and bed posts. It may help to dismantle the bed frame and stand all of the components on edge so that all surfaces, cracks and crevices can be treated and examined.
- **Box springs** – Check between the mattress and the box spring and the seams, folds and stapled fabric under the box spring.
- **Nightstands and furniture near the bed** - empty and examine inside and out, then tip over to inspect the woodwork beneath. Often, the bugs will be hiding in cracks, corners and recesses.
- **Pictures and loose wallpaper near the bed** – check in and behind picture frames and cracks and hiding places in the wall near the bed.
- **Baseboards** along the bottoms of the walls and under loose carpeting near the baseboards.
- **Chairs and sofas near the bed** – Check upholstery including seams, tufts, skirts and crevices. Also check the sofas in the living room.
- **Other possible areas:** Bed bugs have also been found in the folds of curtains near the bed, around windows near the bed, inside switch plates and outlets, behind wall mounts, cracks in wood molding, and even under lamps and in clocks and phones (these areas may only be problems in bad infestations).

STEP 2 Prepare the rooms for treatment

Reduce clutter off the floor so that all areas can be thoroughly treated. Be careful not to transfer bed bugs from room to room by carrying things throughout the house. If the mattress and box spring are in very bad shape, they may need to be replaced or covered with a bed bug proof cover. Infested bed sheets and garments need to be bagged and laundered at high temperatures (120°F minimum), or discarded since these items cannot be treated with insecticides.

STEP 3 Vacuum (optional)

Vacuum the floor and infested areas such as seams, tufts and edges of bedding, and the perimeter edge of wall-to-wall carpets. Because bed bugs and their eggs cling tightly to surfaces, it is best to scrape the end of the vacuum attachment repeatedly over the target area. Do not use a brush attachment, as some bed bugs and eggs will remain alive in the bristles and be transferred to other areas of the home. Afterward, dispose of the vacuum contents in a sealed trash bag. Steam cleaning of carpets may be helpful for killing bugs and eggs that vacuuming may have missed.

STEP 4 Treat cracks and crevices of infested areas with bed bug products

Your Bed Bug Kit contains some or all of the following products for killing bed bugs. Read each product label carefully and apply the chemicals below as directed. Focus on cracks and crevices near and around the mattress and box spring and other places where bed bugs usually harbor (see step #1). Treating large areas such as the entire floor is unnecessary and may be excessive. It is ok to apply different products in the same general areas.



Cyonara 9.7 or Demand CS – These products are liquid concentrates that are mixed with water. They kill bed bugs within 10-30 min.

USE: Mix 0.4 fl. oz. of Cyonara 9.7 (measure just below ½ oz. on the bottle) or 12 ml of Demand CS in one gallon of water in a *plastic pressurized sprayer* (plastic one gallon sprayer with a wand for applying insecticides -- sold separately). Adjust the nozzle on the sprayer until you have a coarse, low-pressure spray and apply the product to all cracks and crevices and harborage areas in step #1 above. **DO NOT** apply Cyonara or Demand on furniture surfaces, bedding or mattresses where people will be laying or sitting.



Phantom Insecticide – Phantom is a liquid insecticide concentrate like Demand CS. Bed bugs walk over Phantom without being able to detect it, and then pick it up and spread the product to other bed bugs through touch, creating a domino-effect. Phantom has a slower kill (usually several days), but in the long run it is excellent for bed bug control, especially with more difficult infestations. Phantom should NOT be sprayed in conjunction with other liquid insecticides such as Cyonara or Demand CS. Doing so will cause Phantom to be less effective.

USE: Mix 3 fl oz. (88 ml) of Phantom in one gallon of water in a *plastic pressurized sprayer* (plastic one gallon sprayer with a wand for applying insecticides -- sold separately). Adjust the nozzle on the sprayer until you have a coarse, low-pressure spray and apply Phantom to cracks and crevices such as behind the head board, in the cracks of the bed frame, underneath furniture, under baseboards, etc. Apply to the tufts, folds and seams of the mattress until they are moist. DO NOT spray on the mattress top, bedding, sitting areas, sofas or over the entire carpet.



Gentrol IGR – This product is an Insect Growth Regulator that prevents bed bugs from being able to reproduce. It comes in a small brown bottle (1 oz.).

USE: There are two ways to apply Gentrol IGR: (1) mix up 1 oz. of Gentrol IGR with a gallon of Cyonara or other liquid insecticide so that you can spray both at the same time, or (2) add 1 oz to one gallon of water and apply in all the areas where you sprayed the Cyonara. DO NOT apply Gentrol IGR to bed linens or mattresses.



PyGanic Dust, MotherEarth D, Delta Dust – Dusts are great for applying under baseboards around the room, for dusting on and inside the box spring itself, and for dusting in cracks and crevices where liquids may not go (such as in and behind picture frames, underneath furniture, in the cracks of dresser drawers, and in the joints cracks and hollow tubing of bed frames, etc).

USE: PyGanic Dust and other dust products are applied using the *hand duster* which is included in your kit. Fill the duster about half full with dust. Shaking first and then squeezing the duster will produce a fine dust that coats almost any surface. This is just what you want for dusting the mattress and box spring. Pay particular attention to seams, folds, and stapled fabric under the box springs. Coat surfaces with a thin coat of dust, and not too heavy. If you put down piles of dust, then the bugs will likely just walk around it instead of through it.



Bedlam Aerosol – Bedlam is an excellent bed bug spray, is easy to use, and doesn't require any mixing. Great for treating the mattress folds and seams and spraying in cracks and crevices such as drawers, bed frames, etc. Use the included red crack and crevice tool (straw) to get into really tight cracks. **Tip:** After applying Demand CS, Cyonara, and any dust products, leave the room for about 5-10 minutes. Then return and look to see if you find bed bugs emerging from their hiding places. If so, spray them down with Bedlam for a quick kill.



Steri-Fab – Excellent ready-to-use bed bug spray with alcohol that leaves no residual. Steri-Fab kills bed bugs within minutes and is great for treating almost any surface, including furniture, mattresses, and other sensitive areas. In addition, Steri-Fab may even kill bed bug eggs, which would make it the only product available that will kill bed bugs during all stages of their life cycle. Treat tufts, folds and seams of the mattress, sofas, etc that you weren't able to treat with the other products mentioned above. Use to spot treat throughout the week where you see signs of bed bug activity. **Tip:** After applying Demand CS, Cyonara, and any dust products, leave the room for about 5-10 minutes. Then return and look and see if you find bed bugs emerging from their hiding places. If so, spray them down with Steri-Fab for a quick kill.



Hand Duster - Used for applying dusts such as PyGanic Dust and MotherEarth D. Remove the black cap from the duster and fill the chamber up half way with dust. Close the lid, shake the container a bit to loosen the dust, and then use your thumb and fingers to pump the bellows. The dust will exit out the long extension tip and allow you to easily dust large areas such as the box spring, inside the cracks and crevices of the bed frame, underneath furniture, under the baseboards between the floor and the wall, and even inside wall voids. Dusting under the walls and in wall voids will prevent bed bugs from spreading room to room.



Plastic 1 Gallon Sprayer – *Sold Separately.* This is the product of choice when it comes to spraying any liquid insecticide concentrate such as Demand or Suspend. Fill the sprayer up half-way full with water and then add the desired amount of insecticide (usually 1 oz of concentrate per gallon of water). Fill the sprayer up the rest of the way to make one full gallon. Shake the container to mix the solution well, and then use the pump handle to pressurize the container. The spray nozzle can be adjusted for a heavy spray or a light mist.



Bed Bug Proof Mattress & Box Spring Covers

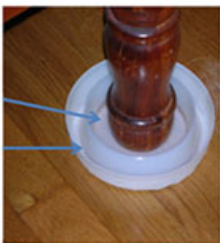
After treating the mattress and letting the chemicals dry, you can protect your mattress and box spring with a Protect-A-Bed Bed Bug Proof Encasement. These high-quality terry cotton covers are certified 100% bed bug escape and bite proof, yet they are still cool and comfortable to sleep on. Any bed bugs you seal up in the covers will eventually die, allowing you to keep your mattress and box spring without throwing them out. In addition, mattresses and box springs covered with a Protect-A-Bed cover are easier to treat and clean and provide fewer areas for bed bugs to harbor and hide. Infested mattresses and box springs should be covered for at least one full year to make sure that all bed bugs hiding within will die. You can spray the outside surfaces (including tufts, folds and seams) of mattress covers during re-treatments, but do not remove the covers. *These covers are sold separately on our website.*



NightWatch Bed Bug Monitor

Bed Bug Monitors

After treating your room, apartment or hotel, you may also want to monitor bed bug activity now and in the future by using a bed bug monitoring device. [The NightWatch Bed Bug Monitor](#) is a high tech device aimed at hotel, apartment and commercial establishments that uses CO2 and a bed bug lure to attract bed bugs and trap them, allowing you to monitor rooms for bed bug activity, determine if your treatment is working, and to see if a room is bed bug free.



Climb-up Insect Interceptor

A less expensive option for homeowners is the [Climb-Up Insect Interceptors](#), which can be placed under bed posts, furniture legs, etc. The Interceptors trap bed bugs when they try to gain access to furniture and beds, protecting you while you sleep and allowing you to monitor bed bug activity.

These monitoring devices are available on our website.

STEP

5**Retreat at least 3-4 times within the next two months**

All infested areas need to be retreated at least 3 to 4 times within the next two months. Usually you will do the first treatment, then wait two weeks, then treat again, then wait two weeks and treat again, etc. Consecutive treatments of the infested areas are **ESSENTIAL** if you want to get rid of the problem. This is because the products mentioned in this guide will not kill bed bug eggs, and so eggs may hatch within the next two weeks. In addition, you may find bed bugs hiding in areas that you missed during the first treatment. Re-treating all areas every two weeks for at least 3-4 times will continue to kill the new bed bugs until all the eggs and bugs are gone.

For the latest information on bed bug control, bed bug products, kits, pictures and more, please visit us online at:

www.DoMyOwnPestControl.com

<http://www.domyownpestcontrol.com/bed-bugs-c-39.html>

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