



Practical Guide to housekeeping

Get rid of bedbugs in **5** easy steps



Follow the Leader!

Long considered eradicated in most metropolitan areas, bed bugs are making a comeback.

They can be found in every city across the country, from homeless shelters to five-star hotels.

Contrary to popular belief, the presence of bedbugs is not a sign of a lack of cleanliness.

Here are the steps to follow to get rid of it effectively:

1 Wash or throw away: Affected bedding and clothing should be washed at high temperatures, or thrown away, as these products cannot be treated with the application of insecticides.

2 Refrigerate: Place small items that cannot be washed in a plastic bag and close tightly. Place the bags in the freezer or outside at zero degrees for 24 hours.

4 Vacuum: Use a brush attachment on rugs, mattresses, walls and other surfaces, paying particular attention to seams, edges of mattresses and box springs, and the outer edge of carpets. Throw away the vacuum cleaner bag.

3 Apply the disinfectant: Once the surface is clean, generously apply the disinfectant directly to the surface or to a clean, lint-free cloth.

5 Wait and repeat: Repeat the treatment two weeks later. Because bed bugs can stay in an area without feeding for very long periods of time, they may not be affected by the initial spray if they have not come into contact with the insecticide.

Because bed bugs can travel up to 100 feet and can be carried in clothing, luggage, or other household items, you may need to treat neighboring rooms to prevent the infestation from spreading.