



# Bed Bugs Resource Center

## Tips to Prevent Bed Bugs

There are many ways to prevent bug beds. Here are some quick tips:

- Be careful what you bring home. Used mattresses and furniture can already be infested with bed bugs. Look for red or brown stains on mattresses, a key sign that bed bugs have visited the area. Never bring discarded bed frames, mattresses, box springs, or upholstered furniture into your apartment.
- Reduce the clutter in your apartment. Don't keep piles of clothes, boxes, toys, shoes, etc. on the floor, under the bed, or in closets. They provide hiding places for bed bugs.
- Pull your bed a couple of inches away from the wall so that it is not touching the wall.
- Keep a flashlight with you at night so that if you suspect a bed bug, you can quickly spot it.
- Avoid communal folding tables in the laundry room and make sure you keep track of your laundry so another resident does not remove your laundry from the machine and places it on the communal folding table.
- If you have a storage bin, consider putting all your belongings in sealed plastic bags or airtight tubs to prevent cross migration from other residents' belonging. You never know when your belongings could come in contact with an infested item.
- Vacuum your bedroom often, particularly the area around the bed and the bed itself.
- When staying in hotels, place luggage on luggage racks, rather than a bed. If you have to place your luggage on a bed, vacuum your suitcases upon return.
- If you suspect you may have bed bugs, notify the management office immediately.