

# Advice About

## Disposing of a Bed Bug Infested Mattress or Furniture Safely



### Step By Step Guide

#### 1. DO DAMAGE CONTROL FIRST ...

- **Disposal should be your last resort:** Disposal of mattresses and furniture is often not needed when it comes to removing bed bugs.
- **Keep it contained:** Make sure you keep the bed bugs contained to the infested room by sealing it off properly.
- **Assume that every piece of furniture in the room is infested:** Bed bugs are sneaky creatures. If there is a couch that is infested with them, assume that everything else is, too.
- **Check all rooms in the house:** Bed bugs love finding new homes, so check around other parts of your house.



## 2. CONSIDERING TREATMENT OPTIONS...

- **The laundry room step:** Put everything in the laundry that you can. Using the highest heat setting on your washer and dryer, give everything a good clean.
- **Vacuum the furniture, bed and floors:** Do this thoroughly, and once finished dispose of the vacuum bag, or (if bagless) clean the cylinder with detergent and hot water.
- **Scrub infested surfaces:** Use a stiff brush, to dislodge eggs before vacuuming
- **Chemical treatments are an option:** Insecticides can be used, but these will need to be repeated to be effective, and may not work as well as heat treatment.
- **Heat treatment is most effective:** High enough temperatures kill bedbugs at all stages of life, including the eggs, and is non-toxic. Heat chambers, steam treatments and heat lamps are all possibilities to explore.
- **Put your mattress in an encasement:** You can buy special encasements for mattresses. The mattress stays in the case for a minimum of six months, and the bedbugs starve to death.
- **Disposing of your mattress and other furniture:** This is a last resort, although some people do prefer to deal with a bedbug situation this way, and it must be done with the appropriate precautions.

## 3. THINGS TO BE AWARE OF...

- **Put a plan together:** In order to make sure that bedbugs don't spread around to other places in your home or neighbourhood, you need to think things through carefully.
- **Protect yourself:** Wear protective gloves and clothing that you don't mind getting rid of after the fact when handling infested items. Then dispose of them or put them on a boil wash.
- **Get some help:** Once you discover bed bugs, there is a clock ticking. Bring in extra hands so that the work gets done faster and easier on all sides.
- **Make sure you treat everything:** You need to make sure you are thorough and don't leave anything out of the treatment regime, otherwise you may go to a lot of trouble, but still have bedbugs!

- **What to include in your reime:** All soft furnishings, fabric items and soft furniture must be included in the treatment. They can also get on toys, books, CDs, suitcases, wallpaper, crevices and other items.
- **DIY or professional:** It is possible to do some treatments yourself if you hire the right equipment, but you may prefer to get support and call in the experts.
- **Be prepared for a lot of work:** Getting rid of bed bugs the right way takes a lot of elbow grease, inconvenience and commitment to being thorough, so be prepared for that.

## 4. IF YOU DECIDE ON DISPOSAL...

- **Get all visible bed bugs off first:** Make sure to remove all signs of bed bugs from items before you do anything else, to limit spreading.
- **Slash or damage the mattress or sofa:** This will tell people that something is wrong, and not to take the mattress from outside your residence.
  - **Seal furniture in plastic:** Put the mattress or other infested furniture in a plastic wrapper and seal it up. Do this before moving it out of your home.
- **Put mattresses in an encasement:** This is to stop the spreading once the mattress is outside of the house.
- **Leave items out for waste collection:** Make sure bulky items will be collected. You may need to book a pick up with your local waste collection services.
- **Coordinate with disposal services:** Do your best to make sure disposal services know the situation and can handle it properly.
  - **Put things out just before a scheduled collection:** Leave as small a gap of time as you can between moving items out and the waste removal slot. That way they are less at risk from being taken.
  - **Be thoughtful of neighbours:** Never leave exposed furniture outside. Bed bugs can transfer on to passers-by.
- **Put a sign on the items:** To discourage anyone from taking them, clearly mark the items, such as 'infested with bed bugs: do not take'.

