

Community IPM

Bed Bug Management—One Step at a Time!

Step 6: Make Your Bed an Island

Matthew Frye, New York State Integrated Pest Management Program, Cornell University

1 Everything that touches your bed helps bugs find you.



2 Take off blankets, sheets and pillowcases and wash them (See Step 5).



3 Put “encasements” on your mattress and box spring.



4

Certified encasements have a special zipper to eliminate seams/folds.



5

Pull bed away from wall — three inches is fine ... move furniture away too.



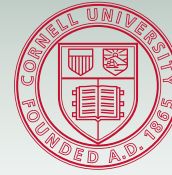
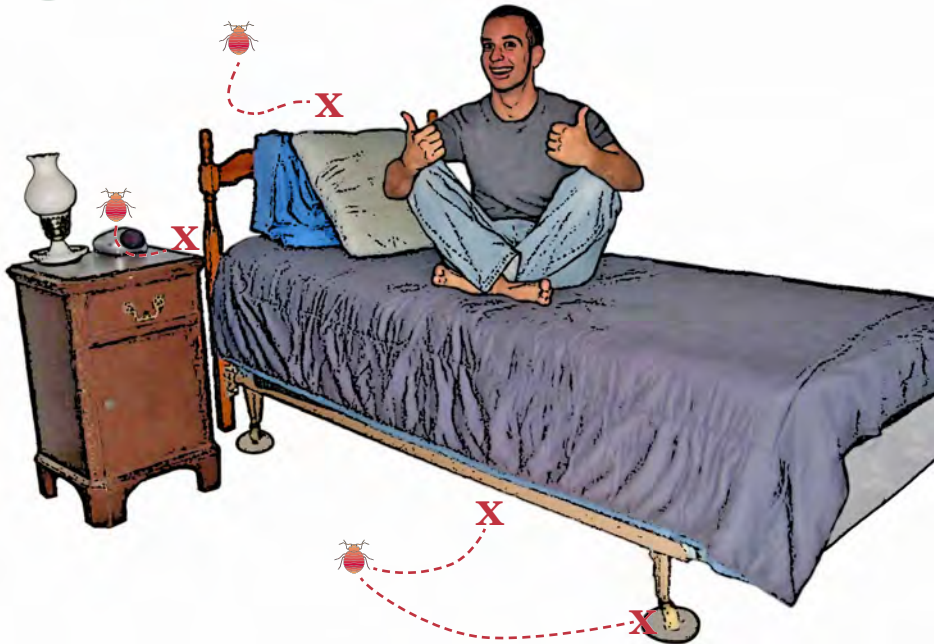
6

Put climb-up barriers on bed legs.



7

Your bed is now an island — keep it that way!



Cornell University
Cooperative Extension

IPM New York State
Integrated Pest Management
Program

Produced by the New York State Integrated Pest Management Program, which is funded through Cornell University, Cornell Cooperative Extension, the New York State Department of Agriculture and Markets, the New York State Department of Environmental Conservation, and USDA-NIFA. Illustration and design by Karen English, New York State IPM Program. Cornell Cooperative Extension provides equal program and employment opportunities. © 2013 Cornell University and the New York State IPM Program. Posted 11/2013 at www.nysipm.cornell.edu/factsheets/buildings/bb_mgmt_steps/island.pdf