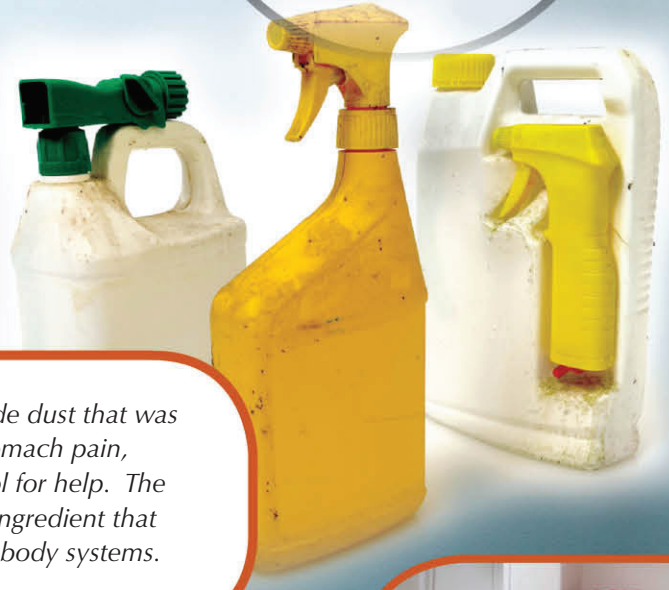


# Don't lose your cool with bedbugs



*A man and woman were vacuuming up an outdoor insecticide dust that was spread in a bedroom to control bedbugs. They developed stomach pain, nausea, vomiting, and diarrhea and had to call poison control for help. The pesticide was meant for outdoor use only and contained an ingredient that could have seriously affected their nervous system and other body systems.*

**B**edbugs can be very upsetting to people. People think they can apply any type of pesticide product to get rid of bedbugs, but they may end up doing more harm than good. Not using pesticides properly can make you sick or make your home unsafe to live in.



## De-Clutter



## Bag & Clean



## Wash and Dry in Hot and/or High

## Do's and Don'ts of Proper Pesticide Use for Controlling Bedbugs

- **Do** perform an inspection FIRST and correctly identify the pest. ([insects.ncsu.edu/Urban/bedbugs.htm](https://insects.ncsu.edu/Urban/bedbugs.htm))
- **Do** use a combination of control steps – not just pesticides – to get rid of the bugs!
- **Do** start with cleaning, de-cluttering, and bug-proofing the infested room, including:
  - reducing clutter in your home, an important first step;
  - eliminating other bedbug hiding spots by caulking cracks and crevices;
  - bagging & cleaning items in the infested room (bedding, clothing, drapes) and washing & drying at high heat;
  - vacuuming the floor, mattress, bed frame & baseboards and, encasing your mattress(es).

- **Do** avoid bringing home second-hand items.
- **Do** contact a licensed, insured pesticide management professional (exterminator) when considering using and applying pesticides in your bedbug control plan.
- **Don't** use outdoor pesticides indoors.
- **Don't** apply more pesticide than the label allows.
- **Don't** use pesticides at home not meant for home use. In other words, don't use agricultural pesticides to remove bedbugs.
- **Don't** use pesticides on surfaces not meant to be treated, like your skin and hair.
- **Don't** let children play near newly treated surfaces.

## Need more advice?

- North Carolina State University, Dept. of Entomology, Dr. Mike Waldvogel **(919) 515-8881**.
- N.C. Department of Agriculture and Consumer Services: Eastern NC, Wendy Odom **(252) 578-2774**; Western NC, Parker Whitt **(336) 971-1478**; Central NC, Kay Harris **(919) 733-3556, Ext. 3145**.
- For questions about a pesticide you are planning to use, the license status of a pest management company, or a pesticide application made to your property, please call the N.C. Department of Agriculture and Consumer Services, Structural Pest Control, at **(919) 733-6100**.
- Environmental Protection Agency Bed Bug Info: [www.epa.gov/pesticides/bedbugs/](http://www.epa.gov/pesticides/bedbugs/)
- Bed Bugs: Biology and Control; Entomology Extension Specialists, NCSU [www.ces.ncsu.edu/depts/ent/notes/Urban/bedbugs.htm](http://www.ces.ncsu.edu/depts/ent/notes/Urban/bedbugs.htm)
- Central Ohio Bed Bug Task Force: Bed Bug Quick Relief Guide for Tenants and Homeowners: <http://centralohiobedbugs.org/about-bed-bugs/>
- EPA registered bedbug pesticide products search tool: [www.epa.gov/bedbugs/find-bed-bug-pesticide-product](http://www.epa.gov/bedbugs/find-bed-bug-pesticide-product)

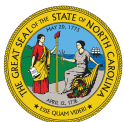


## Safe Inside? Safe Amount?



## Safe for children to play on newly treated surfaces?

**DON'T LOSE YOUR COOL WITH BEDBUGS!**



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Public Health

**Occupational and Environmental Epidemiology**

• [www.publichealth.nc.gov](http://www.publichealth.nc.gov) • NCDHHS is an equal opportunity employer and provider. • 10/2019