

There are lots of reasons you might have to live in a place that has bed bugs, but the last thing you want to do is spread them around.

With some extra care, you can protect the people you love and the places you visit as well as your car or other transportation.



## Think **INSIDE / OUTSIDE**

To keep from spreading bed bugs to others, you will want to make sure the things you take **outside** your home do not have bed bugs or their eggs on them. That way you won't spread bed bugs to your school, work or friends homes.

This means keeping the things you use **inside** your home separate from the things you take **outside** your home.

## CLOTHES

When you leave home you will want to wear clothes that don't have bed bugs or their eggs on them.

To do this:

- ✓ Dry your clothes on the highest heat setting until they are fully dry and **HOT!**
- ✓ Put them in plastic bags or containers that you can seal shut.



✓ Remove clothes from the sealed bag or container and put them on right before you go out the door.

- ✓ Change clothes in a room without carpeting, that is unlikely to have bed bugs, like your entranceway, garage, kitchen or bathroom.
- ✓ Leave as soon as you are dressed. Be sure you have everything you need before you change your clothes. Do not sit down or brush against anything once you are dressed.

## SHOES

- ✓ Wear flip flops or slippers when you're **inside** the house.
- ✓ Keep your **outside** shoes sealed in a plastic container until you're walking out the door.



### Quick tip!

- When you come in from outside, seal your outer clothing like your gloves, hat and coat in a plastic container or bag.
- Leave them by the door for the next time you go out.
- That way you won't have to keep drying them.

## BAGS, PURSES and BACKPACKS

First— Make sure your bag, purse, backpack or briefcase doesn't have any bed bugs by:

- ✓ Taking it outside and dumping everything onto something white.
- ✓ Throwing out anything that cannot be cleaned (like notebooks, planners, etc.) See the "quick tip" below.



### Quick tip!

- "Clean" things by putting them in the dryer for 30 minutes on **HOT**.
- If possible, put the bag, purse or backpack in a pillowcase and dry it in the dryer for 30 minutes on **HOT** as well.
- If you can't put the purse or briefcase in the dryer, brush it with a stiff brush. Slide a metal nail file through the cracks. Inspect closely with a flashlight to make sure there are no bed bugs hiding in crevices. Boil the brush and nail file you used.

Once you are sure your bag, purse, backpack or briefcase is “clean”:

- ✓ Seal it and anything else you take to and from your home in a clear plastic container.
- ✓ Keep the container in an uncarpeted area that is unlikely to have bed bugs, like your garage, entranceway, kitchen or bathroom (never on the couch, a plush chair or in a bedroom).
- ✓ If you need something that’s in the container, take it out, use it, then put it right back.

## STUFF

### Cell phones

- Keep your cell phone in a plastic zip-lock bag when you’re at home.
- Don’t put your phone down anywhere **inside** your home, unless its in the zip-lock bag.
- Take the phone case off and wash the case in hot soapy water often.



### Homework and books

- Take only what you need out of your backpack or briefcase that is being kept sealed in the plastic container or bag.
- Work on a table in a room that is not likely to have bed bugs, like the kitchen or dining room.
- Return papers and books to the backpack or briefcase as soon as you finish.



### Strollers, car seats and diaper bags

- Strollers, car seats and diaper bags are great hiding places for bed bugs. Use them **outside** your home, not when you’re **inside**.
- Make sure they don’t have any bed bugs (see bags, purses and backpacks for what to do).
- Leave strollers, car seats and diaper bags in the car, garage or just inside the door sealed in a large plastic bag.

Keep working with your exterminator or your landlord to get rid of the bed bugs in your home.

**YOU can keep  
bed bugs  
from  
spreading!**

**Questions?  
919-250-4462  
wakegov.com**

Communicable Disease Program  
Wake County Human Services  
10 Sunnybrook Rd, Raleigh, NC  
5/2018

**Living with  
Bed Bugs?**



**Learn how to  
keep bed bugs  
from spreading**

Communicable Disease Program  
Wake County Human Services  
919-250-4462

