

**Tri-County Environmental Health Department**  
**Anaconda/Deer Lodge - Granite - Powell Counties**  
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We have received a number of complaints from hotels, motels, schools, and private residences regarding bedbugs over the last year. Bedbugs have increased in population and sadly we can expect to see more of them, more often.

It is possible to control and eliminate bed bugs, but it isn't easy and it's necessary to resist complacency. For example, in a motel the housekeepers must look for bedbugs *each* time beds are made. If a small colony of bedbugs are found on a bed they can easily be eliminated. But if you do nothing, and do not inspect daily and wait until you see them crawling up your walls, you have a huge problem.

**Two paths to follow for bed bug control:**

1. Engage a pest control company. Eliminating/controlling bed bugs must begin with an inspection. If your company does not do a thorough inspection before they do anything else—hire another company.
2. Do the work yourself. Much of the labor can be done by you. You can pay someone to move beds, furniture, bag clothes, etc. or you can do it yourself.

For motels/hotels:

**Train all staff to identify bedbugs.** This can be attempted by watching videos on the Internet. Everyone working in the facility should be able to identify a bedbug if a customer complains of possible bedbug bites.

You can also contact:

**Marni Rolston, MS**

Online MS Program Manager and Graduate Applications Coordinator, LRES

406-994-2029; 123B Linfield Hall

Arthropod Diagnostician, Schutter Lab, PSPP

406-994-6932; 59 Marsh Lab

[mrolston@montana.edu](mailto:mrolston@montana.edu)

She can identify the bugs for you—contact her before you send something in.

**Do a full inspection of the room.** This inspection would require flipping the mattress, bagging all the bedding and washing it in hot water and drying > 120 degrees, removing the headboard, removing drawers, looking behind furniture, etc. This would also be a good time to place *Interceptors* under the bed legs. Interceptors will trap the bedbugs as they try to crawl up the bed legs.

Watch the video. Very good example of inspecting. Watch videos on Rutgers website; <https://njaes.rutgers.edu/bed-bug/>  
<https://njaes.rutgers.edu/bed-bug/building-managers.php>



**On Amazon:** Interceptors, set of 8 ~ \$25.00  
Encasements, Queen size ~ \$55.00

If the interceptors trap any bedbugs it will be necessary to check adjacent rooms—meaning rooms to either side and above and below the room you found bedbugs in. As mentioned above—this process isn't easy. The inspections in the other rooms will require flipping mattresses, etc.

Instead of doing the hard physical labor of actual inspections, people often resort to “spraying” or using bombs. Straight up—bombs don't work. They will only irritate the bugs and cause them to run away from the fog.

One of the best tools you can use on mattresses and furniture is a portable steamer. A steamer will kill the bedbugs and their eggs—which are hard to see.

## Here are a few more suggestions:

Clean clutter. Clutter is a good place for bugs to hide. You have to eliminate or contain the clutter. If you don't your efforts and the efforts of a pest controller are useless.

Bag and dry all clothing, bedding, curtains, etc.—anything that can withstand hot drying 120-130 degrees.

Vacuum and Steam clean beds and upholstered furniture. Don't use the vacuum for anything else—it's now a bed bug vacuum. Building managers—should consider investing in a steamer.

Place mattress covers (encasements) on bed and box spring.

Place interceptors under bed legs, couch legs, etc.

*Create sleep islands.* After treating bedding (hot dryer) place interceptors on legs, cover mattress/box spring in encasements, move bed away from wall. Don't let bedding touch floor. This technique can be useful if the problem is severe.

Dust molding/outlets with CimeXa. Caulk molding/crevices.

<https://www.intermountainturf.com/products/cimexa-insecticide-dust>

Use *Apprehend* if you're a licensed applicator.

<https://www.aprehend.com/treatment/>

## Things not to do

Do Not Use Foggers/Bombs. These will only irritate the bugs and disperse them.

Do Not Throw away beds and furniture. Treat them (vacuum, steam, cover in encasements)

Do not use random insecticides that claim to kill bed bugs. Do not use kerosene, alcohol or other flammable liquids.

Do not try to *heat* treat your home or building yourself—this is a job for professionals.

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