EXTERMINATOR — GUIDE

Bed bug treatment options and follow-up

Compare inspection, heat, targeted pesticides and monitoring without relying on bite marks alone.

Updated November 10, 2026

Start with identification. EPA recommends collecting a sample and asking an extension agent or other expert to identify it. Ask the company what evidence it found. A rash alone does not give you a treatment plan.

Ask for a combined plan

EPA describes bed bug control as complex. Its guidance combines inspection, preparation, nonchemical methods, careful pesticide use and monitoring. Ask what each part of your quote does and who must carry it out.

For a rental or shared building, tell the property manager about the evidence. Ask who will coordinate access and nearby inspections. Local responsibilities need a local answer. This guide does not assign liability to a tenant or landlord.

Compare methods by scope

| Method | Questions for the company | |---|---| | Professional heat | What areas will be treated? How will the company monitor the process? What must be removed or protected? | | Targeted pesticide treatment | What product is proposed? Does its label include bed bugs and the proposed site? What preparation and re-entry directions apply? | | Vacuuming, encasements and other physical measures | Which items and hiding places will these address? What remains to be treated? | | Interceptors and inspection | Where will monitors go? Who checks them and records findings? |

EPA warns against trying to heat a room with a thermostat, propane heater or fireplace. It also warns against rubbing alcohol, kerosene and gasoline. Do not improvise a treatment from a professional method's name.

Preparation must be written

Ask for instructions specific to your treatment. Ask about clothing, furniture, pets and people who cannot easily leave. Avoid moving unsealed belongings into another room. EPA recommends containing infested items to limit spread.

If the instructions are not feasible, tell the company before the visit. Ask it to change the plan rather than skipping a preparation step silently.

Keep monitoring separate from retreatment

EPA's page, accessed 2026-11-10, says to continue inspecting at least every **7 days** in case eggs remain. That is an inspection interval. It is not permission to repeat a pesticide application

on that schedule. Use the product label and the company's written plan for treatment timing.

Keep a dated log of sightings, monitor locations and service visits. Send new evidence to the company. Ask what findings trigger a return inspection and what the quoted price includes.

Sources

All sources below were fetched and checked on 2026-11-10. Dates are access dates.

- US EPA, Do-it-yourself Bed Bug Control. Accessed 2026-11-10.

Frequently asked questions

Does this guide replace a local inspection?

No. Confirm the pest, current licence and treatment scope with the company and relevant authority.