

Bed Bug Exposure Checklist

If you believe you have entered a property that has a bed bug infestation it is important to follow these steps to prevent from spreading the infestation to your home.

1. Before entering your home change out of any clothing that was potentially exposed
2. Place the clothing into a plastic bag and seal it -or- place the items directly into the dryer for 30min on HIGH heat.

Water in the washer may not reach temperatures high enough to kill bed bugs. If items are going to be laundered place them in the dryer first.

3. Shoes should be placed in the dryer if possible, if not they should be placed into a sealed plastic bag and left in high temperatures for at least 72hrs. When removing shoes from the bag they should be carefully inspected for the presence of bed bugs and their eggs.
4. Other personal items that may have been exposed should also be inspected carefully and treated in a similar fashion. Wiping items down with hot soapy water will remove any bugs or eggs that may be present. The water and towel used should then be disposed of outside of the home.
5. Take a shower. Ensure that hair and body are thoroughly washed.

For more information on bed bugs visit the City of Albuquerque bed bug website at www.cabq.gov/envhealth.

To report concerns about a bed bug infestation please dial 311 to place your complaint with our office.



Mary Lou Leonard, Director

City of Albuquerque

Environmental Health Department