

How to Kill Bed Bugs with Steam

By [Mags Sno](#)

Extremes of temperature is one thing which bed bugs just cannot withstand and they will be killed very quickly if subjected to greatly increased or decreased temperatures. This makes the use of high temperatures a very successful and safe method for killing bed bugs.

It is important however that if you are going to use high temperatures to kill bed bugs it has to be instant. Allowing heat to build gradually will only encourage the bed bugs to disperse in an attempt to escape the heat and could cause the infestation to spread to other rooms in the house which is something you really want to avoid.

To successfully kill bed bugs you need a temperature of above 45oC. The only way to achieve this is through the use of steam where this temperature is easily reached in a fairly short time. Using steam to kill the bugs is very effective because not only does it kill the adult bugs but the larvae and young as well. This is something which insecticides in most instances cannot do.

The use of insecticides in combination with steam to kill bed bugs has been shown to be a very effective combination. The dangers of insecticides are very real both to humans and animals and the thought of spraying mattresses and bed frames and box springs with these chemicals does not make sense due to the harmful effects they can have on health. There are pest control companies who will not treat mattresses with insecticides for fear of lawsuits in the future if clients suffer health problems related to the insecticides.

If you want to kill your bed bugs with steam here a six useful tips:

1. If you are to prevent the bed bugs from being blown about the flow of steam must be minimal and this will also stop the surface becoming over wet.
2. The steam cleaning machine must be capable of producing steam which has a low vapor flow but a high enough temperature.
3. To kill bed bugs with steam it is essential that a full and thorough inspection of the infected room be carried out before treatment begins. If this is not done successfully eradication will not be achieved.
4. Make sure that the instructions for the steam machine are read properly to ensure that every safety measure is followed.
5. Due to the low vapor output it is essential that the nozzle is placed directly onto the surface of the mattress or whatever is being treated. Any little gap between the end of the nozzle and the surface will allow the temperature to drop quite dramatically and reduce the effectiveness of the steam in killing the bed bugs.
6. It is a fairly long process as the nozzle must be moved over the surface slowly and meticulously - around 30cm every 10-15 seconds is recommended.

Knowing where to start can be a bit daunting but the best place to make a start is with the mattress. It is vital that you are very thorough and give extra special attention to the areas around seams, handles and labels where the little buggers will hide out. Remember that the base of your bed will also require steam treatment both inside and out. This will mean that the fabric which covers the sides of the base will have to be removed. However if you do this with care it should be possible to staple it back on once the treatment is complete and the bed bugs dead.

Once the bed has been treated you can then move on to other pieces of furniture in the room such as chairs, sofas paying special attention to potential hiding places for the bed bugs such as round buttons and seams. If your sofa is also a bed be sure to use steam treatment on the mattress too.

Having completed the treatment of all the furniture it is time to move on to the soft furnishings in the room. Steam cushion, pillows, curtains etc. Remember these bugs are good at climbing so leave no area unchecked or untreated!

Finally, it is a good idea to use your by now best friend - the steam cleaning machine on the carpet and any rugs, especially round the edges next to skirting etc. just to ensure that there have been no escapees!

This whole process may seem long and arduous but it is effective so check out some [steam cleaners](#) and get ready to kill your bed bugs with steam! You will find lots more help and advice at [Treatment For Bed Bugs.Com](http://TreatmentForBedBugs.Com)

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