

STEP-BY-STEP CHECKLIST FOR GETTING RID OF FLEAS

BY FLEABITES.NET

INTRODUCTION

The internet is full of magic solutions that supposedly should help you get rid of fleas in the blink of an eye. If you find all of this information a little overwhelming and highly doubtful, you are NOT the only one. That is why I made this simple yet effective checklist - so you can get rid of fleas without spending days trying to figure out which strategies and products actually work and which are just a total waste of your time and money.

Print out this checklist and follow it step by step to make your home, family and pets completely free of fleas.

GETTING RID OF FLEAS IN YOUR HOME

- Step 1:** Vacuum all carpets and rugs thoroughly. Wash the pet's bedding in extremely hot water. For heavy infestations, it is best to get rid of the pet's linen/bedding completely by enclosing it in plastic bags and discarding it far away from your home. Mark all to-be-discarded items as 'flea infested'.
- Step 2:** Remove the pet's feeding and water bowls, children's toys and other items from the floors. Place them in plastic bags and store them at least 4 feet high above ground. Now pull all the furniture away from the walls. Cover infant bedding with plastic sheets during the treatment. In the kitchen, cover and remove food, cover all exposed surfaces with sheets or wash countertops and islands with antibacterial solution. Cover fish tanks and also unplug air pumps.
- Step 3:** Strip the beds off its linen, sheets etc and wash that along with the comforters and curtains in extremely hot water or as much as the fabrics can withstand. This will get rid of flea eggs and larvae
- Step 4:** Use EPA and FDA approved flea treatment products to treat the floors and rugs. Make sure you liberally sprinkle or spray all the areas underneath the beds, sofas, behind shelves and wardrobes etc. Treat all the rooms completely and keep pets and children away during this period.
- Step 5:** Allow the flea products to remain on the rugs, carpets and floors for at least 3 days. After that, vacuum the house thoroughly and dust the vacuum bags with flea treatment products/sprays/powders (or put a flea collar in the bag). This will kill all the trapped fleas and eggs. Do not forget to vacuum

the basement, garage and other areas where the pets spend time.

- Step 6:** Repeat these steps after 10-14 days.

TREATING YOUR PETS FOR FLEAS

- Step 1:** Give your pet a flea bath to get rid of existing fleas. A medicated bath can be a great initial step to control fleas on heavily infested animals. Alternatively, you can take it to a professional to have it de-fleaed. Professionals use the right products and can also guide and equip you with the knowledge/products to prevent future infestations.
- Step 2:** To maintain on-going flea control, use a flea collar on the pet. Many pills and spot-on topical applications also remain effective for up to a month against fleas. I treat my own dogs with Frontline Combo once a month and it keeps the fleas away.
- Step 3:** You can also bathe your pet using anti-flea shampoo, as recommended by a vet, once/twice each month. As a final rinse, add some apple cider vinegar to the bath water. This will repel fleas and also give the pet a glossy and shiny coat. Allow the pet to dry naturally. Re-apply anti-flea shampoo if the pet has been in heavy rain or out swimming.
- Step 4:** Feed the pet a healthy diet, rich in biotin, omega essential fatty acids and B-vitamins. Add a few drops of apple cider vinegar to the pet's drinking water to repel fleas.
- Step 5:** Avoid taking the pet out on walks on grassy trails. This is a surefire way of bringing fleas into your home.
- Step 6:** Regularly groom/comb long haired pets with a flea comb to find and remove fleas in the early stages. I have made this a habit, as flea prevention is the easiest cure.

- [Check out my list of recommended products here](#)

HOW TO GET RID OF FLEAS IN THE YARD

This is especially important for pet owners living in heavily flea infested wooded areas.

- Step 1:** Mow the grass and trim bushes regularly.

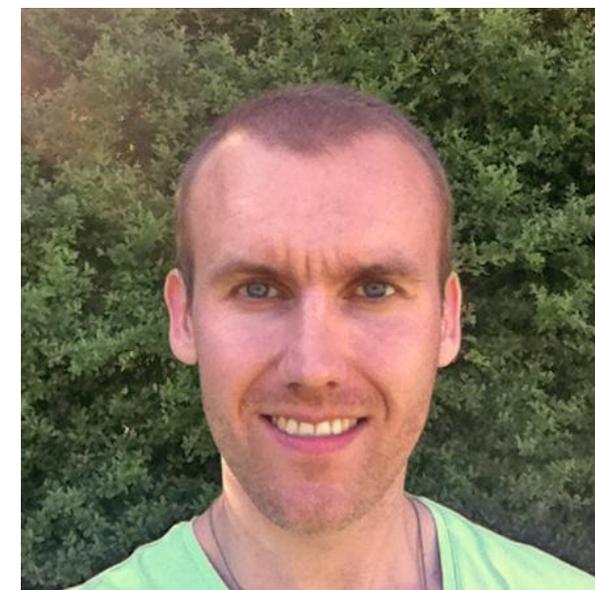
- Step 2:** Treat the lawns with EPA-FDA approved flea products that are safe for use on plants. Make sure to spray under trees, porches, around dog houses/kennels etc.
- Step 3:** Declutter the yard and remove all unwanted items from under porches, play sets etc. These are excellent hiding places for wild animals like possums or rodents that are often heavily infested with fleas.

REMEMBER

Fleas often remain dormant in their pupal stages but become active after a while, so it is extremely important to re-treat the infested environment to completely get rid of the fleas and keep them from reproducing.

NEED HELP?

If you have any questions, you can always ask for help on the [FleaBites.net Forum](#). See you there!



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