



## Preparing for Your Bed Bug Treatment

Getting rid of bed bugs requires a two-pronged approach: professional treatment and thorough preparation by you, the resident. We advise doing these steps the day of your treatment, before your technician arrives:

### Bedroom Preparation:

- **Strip the Beds:** Remove all bedding, including sheets, pillowcases, comforters, and mattress pads. Place them in sealed plastic bags and tie them tightly. You can wash these items later following specific instructions (see below).
- **Launder Linens:** Wash all washable bedding, pillows, and stuffed animals in hot water (at least 130°F or higher) for at least 30 minutes. Dry them on high heat for at least 30 minutes. **Important:** Check laundry care labels for temperature limitations on any delicate items.
- **Declutter:** Move furniture away from walls at least 3 feet to allow the technician access for treatment. Remove clutter from under the bed, nightstands, and dressers. The less clutter, the easier it is to eliminate hiding spots.
- **Vacuum Thoroughly:** Vacuum floors, carpets, furniture, mattresses (including seams and tufts), and baseboards. Pay close attention to areas around the bed frame and headboard. Dispose of the vacuum bag immediately after use in a sealed plastic bag and place it outside in the trash.

### Living Area:

- **Wash Clothes:** Wash and dry any clothes that have been in close proximity to the infested area using the same hot water and high heat settings mentioned above.
- **Store Luggage:** Luggage can harbor bed bugs. Empty and seal suitcases in plastic bags and store in the garage.

### **Important Information:**

- **Plan for Laundry:** Launder washable items after the treatment is complete, following the hot water and high heat instructions mentioned earlier.
- **Follow Post-Treatment Instructions:** The technician will provide specific guidance on cleaning procedures and precautions to take after the treatment.

**By following these steps and working closely with your technician, you can create a bed bug-free environment and finally get a good night's sleep.**

**For any questions or concerns, contact your BioPest technician.**