



Bedbug Treatment Preparation Sheet (Residents)

Packing and Furniture Preparation: All furniture should be pulled away from the walls and baseboards at least 2 feet. It is common for items that could potentially provide hiding places for bed bugs, such as book cases and desks, be emptied of their contents and remain empty for treatment. Items previously stored in sealed containers may remain unopened.

1. Lift mattresses and box springs out of the bed frame and stand them up against a wall.
2. Empty closets of remaining (unlaundered) items and stored items, placing them in plastic bags and moving them to the center of the living room.
3. Remove contents from dressers and night stands so that the interiors may be treated. Items should be placed in plastic bags and moved to the center of the living room.
4. Remove books from shelving and place in boxes in the center of the living room.
5. Remove all pictures, mirrors and hanging items from the walls so that they may be inspected for treatment.
6. Open any sleeper sofas, futons or convertible beds for treatment.

Laundering: Everything that can be laundered, should be laundered and placed in clean/new plastic bags or plastic containers and sealed prior to the treatment. The list of items that should be included in laundering are listed at the end of this document and include such items as drapes, stuffed animals, bed skirts, etc.

1. Launder all items (including linens and bedding) according to the manufacturers label, however, whenever possible use the highest allowable heat settings in both the washer and drier. Temperatures reaching 140 degrees (or above) have been proven to kill all stages of bed bug development.
2. Bags used to transport laundry prior to the washing/ drying cycles should never be reused and should be discarded outside of the property after transportation. All clean items should be placed in new bags, sealed tightly, and remain sealed during the treatment process.
3. Items that cannot be washed but that can be dried in the dryer at a high heat temperature for should be for minimum of 30 minutes. Discard debris collected in the lint trap after each cycle.
4. Items that cannot be laundered should be taken to the dry cleaner.

Vacuuming: The mechanical removal of bed bugs by vacuuming thoroughly is an important part of preparing for treatment. The use of a crevice attachment is imperative to access bed bugs hiding inside mattress seams, furniture interiors, baseboards and any place that could accommodate them.

1. Vacuum floors, carpets and area rugs



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2. Vacuum mattresses including all crevices, handles, or buttons.
3. Vacuum the baseboards, bed frame, sofas, futons, recliners and other over-stuffed and upholstered furniture.
4. Discard all vacuum bags immediately after each use.

If You Decide to Throw Out Your Furniture: Deface, or otherwise damage furniture items so they will not be used by others. Mattresses should be slashed or otherwise damaged to make them unusable and should be wrapped in plastic before being removed from the bedroom.

*Note: moving beds without completely enclosing the mattress and box spring in plastic may spread the infestation by allowing eggs, bed bug nymphs, and adult bed bugs to drop from the item as it is moved.

Post Treatment: Once the initial treatment has been completed we recommend staying out of the treated home or unit for a minimum of four hours. This allows for an appropriate amount of time for the materials used to dry completely. Only after four hours should you, your children, and/or your pets resume residence in the home or apartment. From this point forward you may carry on with your normal household activities; however, in order to prevent the need to repeat many of the steps necessary to prepare for your follow-up treatment, we do recommend that you not move your furniture and items back into place if at all possible. In most cases a follow-up treatment has already been scheduled for you and generally will fall within 2-3 weeks from the initial treatment. We do understand that thorough preparation may present a considerable hardship for some, but we cannot stress the importance that it has on the overall effectiveness of treatment. If you should have any questions regarding the content included in this preparation guideline or in the checklist that follows, please do not hesitate to contact us.