

Bed Bugs – Check List

BEFORE EXTERMINATION	
<input type="checkbox"/>	<p>1. Pack a bag of essentials – make sure to inspect your items for bed bugs.</p> <p>Plan a place to go during an extermination. No one will be allowed to stay in the house during and after treatment (varying from one to a few days).</p>
<input type="checkbox"/>	<p>2. Remove any clutter or furniture from the area.</p>
<input type="checkbox"/>	<p>3. Treat your fabric items.</p> <ul style="list-style-type: none"> • Treat clean clothes that are stored in dresser drawers, closets, wardrobes, etc. • Put all fabrics that can go in the dryer (clothing, bedspreads, curtains, mattress covers, sheets, stuffed animals, etc.) in at high heat for at least 30 minutes. <p style="text-align: center;">OR</p> <p>Wash with detergent in the washer on a full cycle at the hottest setting, making sure the articles are completely covered by water.</p> <ul style="list-style-type: none"> • Anything that does not go in the dryer or washer can be put in the freezer at -18°C (0.4 °F) or colder for at least 4 days or should be steam cleaned. • Put your treated articles in a new, clear garbage bag as soon as the cleaning treatment (drying, washing, freezing or hot steaming) is finished. Seal the bag and identify it as treated.
<input type="checkbox"/>	<p>4. Check the condition of mattresses, box springs, and upholstered furniture.</p> <ul style="list-style-type: none"> • If they are not damaged, treat them on-site with hot steam. After treatment, protect the mattresses and box springs with a bed bug–proof cover. • If they are damaged, make them unusable by slashing them with a knife or scissors and enclose them in a large plastic bag so they are completely sealed before throwing them away.
<input type="checkbox"/>	<p>5. Vacuum the entire room. Pay special attention to areas where you have seen bed bugs.</p> <ul style="list-style-type: none"> • After vacuuming, immediately toss the vacuum content in another bag. Seal the bag and dispose of it in an outdoor bin.



AFTER EXTERMINATION

Respect the instructions from the exterminator.

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| <input type="checkbox"/> | <p>Do not return home until you have waited the advised amount of time after the treatment. Remember the usual wait time is usually 6 hours.</p> <p>The wait time increases to 12 hours for:</p> <ul style="list-style-type: none">• People with respiratory problems• People with allergies• Children <p>The wait time increases to 24 hours for:</p> <ul style="list-style-type: none">• Babies 0 - 12 months old• Young children who are not yet walking• Pregnant people |
| <input type="checkbox"/> | Open windows in treated rooms to let fresh air in. |
| <input type="checkbox"/> | Avoid walking barefoot on treated areas for at least 48 hours after treatment. |
| <input type="checkbox"/> | Regularly check treated areas for signs of bed bugs. |
| <input type="checkbox"/> | Do not return any objects or fabrics into the treated room until the exterminator confirms that all bed bugs have been eliminated. |
| <input type="checkbox"/> | Find out from the exterminator if you need more treatments. |