



Preparation Checklist for Bed Bug Treatment

Niagara Regional Housing (NRH) and Sheldon Pest Management have put together this checklist for the treatment of bed bugs.

Before treatment begins, all occupants, including pets, must leave the unit and not enter for a minimum of six hours after the technician arrives. (Aquariums may remain in place as long as the filtrations and aeration systems are turned off and the tank is adequately covered.) **If you have asthma or any other breathing problems you may want to leave for 24 hours.**

- Remove all bedding and linens, wash with the hottest water possible, and then place in a hot dryer. Also remove all items from underneath the bed. If possible take the bed apart.
- All blankets and pillows/cushions should be placed in a hot dryer for a minimum of 20 minutes. It is not necessary to wash these items.
- Curtains may need to be removed and washed and dried as noted above. Blinds may need cleaning.
- Remove all objects from dressers, night tables, drawers, end tables, coffee tables and closets. All clothes should be washed, dried and placed in plastic bags or bins. Alternatively, clothes, shoes and slippers, can be placed in the clothes dryer on high heat for a minimum of 10 minutes. (This will kill all stages of the insect.)
- Place all clean bedding and clothing in sealed plastic bags or totes and place on your balcony until after treatment.
- Remove items from the floors, including the closet floors and sweep and wash the floors.
- Clear all couches and chairs of clutter and vacuum thoroughly. Vacuum carpets and perimeter of all rooms, then discard the vacuum contents into sealed bag.

Appendix "B"

- Remove all items mounted on the walls, vacuum backs and place them in one area of your home.
- All food should be contained in a sealed area (e.g., fridge or cupboards).
- Remove unwanted clutter and place items in a sealed bag and dispose immediately. Bed bugs thrive more in areas where there is clutter.
- Furniture that is infested with bed bugs that cannot be salvaged needs to be disposed of in a way that will prevent the further spread in the common areas of the building. NRH will arrange to have these items removed at no expense to you.
- Consider purchasing "Bed Bug Proof" mattress covers for ongoing protection of your mattresses.

Bed bugs can be difficult to get rid of and depending on the severity of the infestation, a follow up appointment may be necessary. The follow-up appointment will take place within 2-3 weeks of the initial service. The technician will contact you to arrange the follow-up appointment.