

# Fact Sheet

October 2008

## Bed Bug Treatment Preparation

The Toronto Bed Bug Project in conjunction with the Structural Pest management Association of Ontario and its members has developed a set of guidelines for the treatment of bed bugs in multi-unit dwellings for Pest Management Professionals (PMP).

Before the treatment begins, all occupants, including pets, must leave the unit and not enter for a minimum of 3 - 4 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. Filtration and aeration equipment should be turned back on 6 hours after treatment. Anyone who is pregnant or has allergies or asthma should take the necessary precautions.

### Before treatment:

- All clutter should be removed from the unit.
- If possible, steam clean, wet vacuum or shampoo any carpeting and furnishings.
- Vacuum the mattress thoroughly including the crevices, handles and buttons.
- Vacuum bed frame, baseboards and objects/flooring close to bed.
- Discard the vacuum bag (placed in tightly sealed garbage bag before disposal).
- Remove all clothing from dressers and place in clean plastic bags or plastic totes.
- Bookshelves, nightstands or other furniture in the immediate area must be emptied so that the technician can spray the undersides of the furniture.
- Place all items in tightly sealed garbage bags and leave them in the room to be treated.

### Laundering

All clothing items should be placed in garbage bags, sealed and emptied directly into the washing machine. When the laundering cycles are complete, the clean laundry should be placed in new clear garbage bags and sealed during the treatment process. The garbage bags used for transporting clothing articles to the laundry room should be discarded outside the premise as they may contain bed bugs. For severe infestations, water soluble bags should be used if possible to collect sheets and clothing and put directly into the wash. It is important to **launder items** using **hot water** as cold water will not kill bed bugs or their eggs. All clean clothes should be put in the dryer on high for a minimum of 20 minutes. Some clothing may require dry cleaning.

### Beds

All bedding must be removed before the technician arrives. Soiled bedding should be washed in hot water (separate from all other laundry) or dry cleaned before or soon after the treatment to avoid resurgence of bed bugs. Pillows should also be placed in the dryer on high heat for a minimum of 20 minutes. After treatment, bed skirts should be avoided; bedding tucked in tightly; and bed kept a few inches away from the wall.

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## **Baby cribs**

All linen should be laundered. All toys should be washed in soapy hot water and stuffed toys should be placed in dryer on high heat for 20 minutes.

## **Dressers and night tables**

All contents of dressers are to be placed in garbage bags and placed in the dryer cycle on hot for a minimum of 20 minutes. All articles on top of dresser are to be removed and placed in plastic bags or plastic totes. Bookshelves, nightstands or other furniture in the immediate area must be emptied so that the technician can spray the undersides of the furniture. Furniture and items should be moved at least 30 cm (12 inches) away from the walls to facilitate spraying of the baseboards. Shelving and drawers should be clean.

## **Closets**

All closets including linen closets are to be emptied. Clean articles should be placed in the dryer on high heat for a minimum of 20 minutes. All soiled articles need to be washed in hot water and then dried in high heat. Laundromat dryers may have lower heat settings and may not heat up to 60° C so the full cycle should be used.

## **Sofas and chairs**

All chair covers, throws and pillows must be laundered prior to treatment.

## **Disposal of furniture**

Discarding beds, bedding, and furniture is NOT a sound approach to bed bug control as they can be easily re-infested. Furniture that is infested with bed bugs that cannot be salvaged needs to be disposed of in a manner that will prevent the further spread of bed bugs. In the process of removing a piece of furniture, bed bugs can escape into hallways and make their way into new apartments spreading the problem to new areas.

### **If you decide to throw out bed bug infested furniture:**

- Take apart, deface or damage the piece of furniture to ensure it cannot be reused.
- Mattresses should be slashed or otherwise damaged to make it unusable and wrapped.
- Wrap the furniture in plastic so bed bugs cannot escape—this should be done in the unit before the mattress is removed.
- Put in trash shortly before pick-up, so it doesn't sit for a long time.

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## Sample Preparation Check List for Tenants and Property Management

Preparation Item	Before Technician Arrives			Completed		
	YES	NO	N/A	YES	NO	N/A
<b>Bed</b>						
Wash and dry linen including bed skirts (hot cycles)						
Wash and dry pillow cases (hot cycles)						
Pillows – place in dryer then bag and seal						
Comforter - wash and place in sealed bag						
Bed - bare mattress & box spring						
<b>Preparation Item</b>	<b>Before Technician Arrives</b>			<b>Completed</b>		
<b>Furniture</b>	<b>YES</b>	<b>NO</b>	<b>N/A</b>	<b>YES</b>	<b>NO</b>	<b>N/A</b>
Nightstands - place contents in sealed bag						
Dressers – launder & place contents in sealed bag						
Shelves - place contents in sealed bag						
<b>Preparation Item</b>	<b>Before Technician Arrives</b>			<b>Completed</b>		
<b>Other Areas</b>	<b>YES</b>	<b>NO</b>	<b>N/A</b>	<b>YES</b>	<b>NO</b>	<b>N/A</b>
Closet – launder & place contents in sealed bag or container						
Reduce clutter - place items in sealed containers						
Furniture moved 12 inches away from walls to facilitate baseboard treatment.						

\* **Keep items not in use in bags until the unit has been deemed pest free.**

Please write down where you have seen evidence of bed bugs:

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