



Bed Bug Treatment Preparation Instructions

Treatment Date: _____ Time: _____

Good preparation is the number one reason bed bug treatments succeed. Please follow these instructions carefully. If anything below is a problem for your situation, call or text me before your treatment date and I will help you work out a plan.

Laundry-

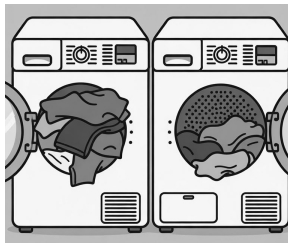
1. Place all clothes, bedding, towels, curtains, and linens in plastic trash bags and seal them tightly to prevent the escape of bed bugs. Tying the drawstrings is not enough; wrap tape tightly around the twisted top, or tie a **gooseneck knot**: twist the top closed, fold the twisted section over on itself, then tie a knot around the fold.



Twist, fold, and tie. A gooseneck seal keeps bed bugs from crawling out of the bag.

Dry-clean-only clothing and anything that cannot go through a dryer should be left hanging in the closet, not bagged. Bed bugs hiding on those items have to leave them to feed, and cross treated surfaces on the way.

2. Empty each bag directly into the dryer to process and kill any bed bugs and eggs. Laundry does NOT need to be washed before drying; it is heat that kills them.
 - Dryer loads should be run on high heat for 30 minutes, or 60 minutes on low heat for delicates.
 - Ensure proper heating by NOT overfilling the dryer. A dryer stuffed full stays cool in the middle of the load, and bed bugs and eggs there can survive.
 - Dispose of all empty bags in an outdoor trash receptacle right away.



An overstuffed dryer stays cool in the middle. Run smaller loads so the heat reaches every item.

3. Place all processed laundry into NEW trash bags and seal them the same way to prevent contamination. Mark all processed bags as “CLEAN.”
4. Optional: as loads finish, sort them into black bags and white bags. **Black bags** hold items you will not need right away (off-season clothes, extra linens, spare towels); leave these sealed for at least 6 weeks. **White bags** hold items you need daily (current bedding, work clothes, underwear); open and use these right after treatment. If a follow-up treatment turns out to be necessary, everything in the sealed black bags is already done.



Black bags stay sealed for six weeks. White bags hold what you need day to day.

5. Depending on the space allowed, place bagged laundry in the bathroom or kitchen so it doesn't interfere with flipping furniture.

Access-

- Pull all furniture 18" from the walls, including items near closets, to allow access to baseboards and electrical outlets for inspection and treatment.



Furniture pulled away from the wall gives access to the baseboards and the backs of dressers, where bed bugs hide.

- Empty bureaus, nightstands, and desks of items, and place small items in bins or bags so they can be accessed and moved as needed.
- Empty the floor space of closets, and empty everything stored under beds: boxes, shoes, storage totes.
- Remove pictures, mirrors, and hanging decorations from the walls and place them flat on a table or countertop.



Getting a room ready: closet floor cleared, drawers emptied, bedding removed, and wall art taken down.

- Unplug all electronics so outlet covers can be removed for treatment into wall voids.
- Water beds must be drained.
- Clear toys, trash, and clutter from floors.
- Throw away cardboard boxes, shoeboxes, paper bags, and stacks of newspaper from infested rooms. Bed bugs hide inside corrugated cardboard, which cannot be treated. Bag these items before carrying them through the house.
- If you are discarding infested furniture or a mattress, wrap it in plastic before carrying it out so bed bugs do not drop off along the way, and damage it so it will not be picked up and carried into another home.
- Do not move belongings from an infested room into other rooms of the house. That spreads bed bugs into areas that were clean.

Precautions & Disclosure-

- Pets should be removed from the home for the duration of treatment and the 4-hour re-entry interval. If a pet cannot be removed, it can be left in the bathroom with a towel placed against the bottom of the door; leave a note on the door.
- Turn off air pumps and heat lamps before covering aquariums and terrariums with a towel. The pump gets shut off so pesticide isn't drawn into the tank; the heat lamp gets shut off first because covering a lamp that's still running can overheat the towel and start a fire. If you're not sure your fish or reptile can safely go without a pump or heat lamp for four hours, contact your pet dealer or vet before your treatment date so you have a plan in place.
- Once treatment begins, you cannot re-enter the home for four hours, so be sure to gather any medications, phone, keys, wallet, or other items you may need during that time before you leave.



Grab medications, phone, keys, and wallet before you leave. You will be out for four hours.

- Do not apply any pesticides to treat for bed bugs yourself. Self-treatment products are usually repellents and cause bed bugs to scatter into walls, which can prolong treatment, sometimes for months, and can spread bed bugs into neighboring units.
- Dismantling of furniture may be required for treatment. Some items may not be re-assembled.
- The thin cloth coverings stapled to the undersides of box springs and upholstered furniture will be removed and not replaced.
- Re-enter once the re-entry time posted on the door hanger has passed. If you experience any unpleasant smell, open windows to help reduce the odor.
- Please notify me if there are any pregnancies or medical concerns related to the treatment. I can provide the pesticide label and Safety Data Sheet to discuss with a doctor prior to treatment.

After the Treatment-

- Keep sleeping in your own bed, in the treated room. Bed bugs come out to feed on you, and when they do, they cross treated surfaces and die. If the room sits empty, they stay hidden and wait.
- Do not start sleeping on the couch or in another bedroom. Doing so carries bed bugs with you and spreads the problem.
- Expect to see some bed bug activity for 4 to 6 weeks after treatment. Eggs continue to hatch, and bugs crossing treated surfaces die off during this window. That's the product working, not a failed treatment.
- Do not scrub, mop, or wash treated baseboards and other treated areas during those 6 weeks. Cleaning removes the product before it finishes working.
- For lighter infestations, I schedule a follow-up inspection 4 to 8 weeks out, after that normal die-off period has had time to finish, to confirm activity has actually stopped before deciding whether re-treatment makes sense. This keeps your costs down. A follow-up inspection is available whenever you would like one.
- If you are still seeing regular activity more than 6 weeks after treatment, call or text.

Questions? Call or text 207-291-0840 before your treatment date. Every home is different, and I am glad to walk you through anything on this sheet.