



## **BED BUG HEAT TREATMENT GUIDE**

### **Things to do before you bed bug heat treatment:**

#### **1. PLAN AHEAD-**

On the day of heat treatment you will be asked to leave your unit for 8 hours. Please have a plan in place for where you will go during this time frame. Wheel chairs and walkers must be treated. If needed, make arrangements to use a rental for the day of service. **All house plants and pets, including fish, will need to be out by the morning of the Heat Treatment date.** (Please reach out to your pet custodian) Prepare a set of clothing for the day of treatment. Make sure this set of clothes is freshly laundered on the hottest settings. On treatment day you must leave everything else behind to be heated and treated.

#### **2. CLEAN UP YOUR UNIT-**

Vacuum, sweep and mop rooms and beds thoroughly; empty and replace vacuum bags. If it's a bag less vacuum make sure you empty it outside and rinse the container thoroughly. Please take down all pictures, paintings, picture frames and home décor that may get damaged during treatment. Please seal up all trash and take to dumpster/curb on the day before or on the day of treatment. (If possible)

#### **3. CLOTHING-**

**(Including those in closets, drawers, and suitcases/boxes)**

All clothing must be bagged up when leaving the unit to be laundered. If you do not have any plastic bags please see your site manager. Dry for at least 30min in dryer on high heat to kill all bed bug stages. Throw away the bag that you used to take clothing to laundry room. Once your dryer has stopped please place the items in a clean plastic bag and seal tightly. You can store the clean plastic bags in the bath tub/ shower. You may need to remove all clothing in plastic bags on the day of treatment, your technician will discuss that with you. Mattresses and box springs should be left bare  
Place un-laundered linens, towel, blankets etc. **LOOSELY** into open-weaved laundry baskets, baskets that have holes/cut-outs in them. **(Do not leave clothing packed away, bed bugs like to hide!)** Do not pack baskets tightly or over fill them.

#### **4. REMOVE HEAT SENSITIVE ITEMS FROM UNIT-**

- One-of-a-kind items such as heirlooms and other higher value items which are not replaceable should be removed from rooms being heat treated.
- Potted plants
- Plastic window blinds
- Fresh fruit, chocolates, carbonated beverages, wines, liquors
- Candles, crayons, and any type of wax items
- All cosmetics
- Medicines/vitamins
- Vinyl records/cd's/dvd's
- Oxygen tank
- Aerosol can's
- Fire extinguishers
- Lighters and other combustible items
- Musical instruments
- Oil painting and other artwork

**Any items that will be sensitive to temperatures above 130 degrees need to be removed from the unit or placed in the refrigerator.**

**Rockford Housing Authority WILL NOT be responsible for any items damaged from heat exposure. Please double check to make sure that you have placed heat sensitive items in the refrigerator or you have removed them from your unit.**

## **5. FINAL STEPS-**

Throw out all trash and vacuum thoroughly. The vacuum bag should be thrown out or dirt container emptied, but leave the vacuum to be heated.

If possible, increase the temperature on your home's thermostat two hours before confirmed treatment start time.

**DO NOT** apply your own insecticides before or after treatment. They often worsen the problem. Take minimal items with you when leaving your home during treatment. Clothing that you wear or take with you should be dried immediately upon returning home following treatment.

### **Things to do the day of your bed bug heat treatment:**

#### **LEAVE BEHIND THE FOLLOWING ITEMS:**

- All mattresses and furniture of all types should remain in the residence until treated, these items can hide insects.
- Larger electronics such as TV's DVD players and stereos are typically rated for temperatures of 130 to 150 degrees. Please double check if you are unsure. Please

**UNPLUG** and power down all electronics before treatment. Electronics need to remain in the residence for treatment; larger electronics are highly suspect to infestation.

**(This does not include mobile devices such as iPads, cell phone, etc....)**

- Wheel chairs and walkers must be treated. If needed, make arrangements to use a rental for the day of service.

**Remember: Anything not treated or heated is a possible point of infestation. Think about this especially on the day of your service.**

### **What to expect during your bed bug heat treatment:**

- Upon arrival the inspector will walk you through all outlined above to ensure you properly prepared for service. If you are not prepared, **you will incur a fine of \$100.00**
- Show the technician problem areas in your unit
- Heat treatments take anywhere from 6-8 hours depending on the level of infestation and size of the rooms being heated.
- Every room in your unit will be heated to 130 degrees Fahrenheit.
- The technician will then ask you to leave the unit for a specified time period. This is the best time to take all the items previously bagged to be washed in hot water temperature above 120 degrees and dry using the hottest dry cycle available for approx. 30 minutes.
- As well, during service is the ideal time to dispose of any infested items that you don't want treated or washed. Please remember that bed bugs are a health hazard, please do not donate or otherwise give infested goods to any person or second hand store.

### **What to expect after a bed bug service:**

- Avoid entering the treated areas for a minimum of 2 hours after treatment. Allow mattresses, box springs and other treated areas to cool down before reassembling the room.
- Items in your unit may be disheveled after service, mattresses overturned, linens thrown about, this is all part of ensuring treatment is evenly distributed throughout the infestation.
- Avoid bringing infested clothing, furniture, mattresses, box springs and bed frames back into the home.

- Rooms may still be warm when you get back into them. As they were heated to such high temperatures for so long.
- Carefully inspect and vacuum-clean luggage when returning from trips and seal as well as throw away all garbage/garbage containers.
- You may see dead bed bugs this is a good sign. You can just vacuum them up.

**Follow Up:**

***PLEASE FOLLOW UP YOUR SITE MANAGER WITHIN 7 DAYS AFTER TREATMENT***

Never treat a pest control issue with any of your own products. Additional products applied can be unsafe and will only make pest problems worse.

Proper preparation is essential to a successful Bed Bug heat treatment.

If you are not properly prepared your infestation will likely not be solved.



**Wait I still have questions!**

No problem! We are in the office from 8am - 5pm Monday - Friday.

Call Us at: 815-489-8736

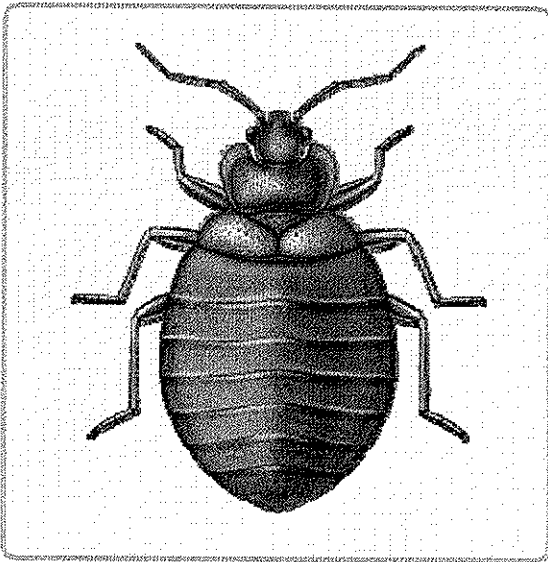


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# Bed Bugs

## Overview:

The following is a brief description of bed bug characteristics and habits, Anderson's inspection process and the Anderson solution.



## Characteristics and Habits

Actual Size: 3/16"



### Characteristics:

Bed bugs are small reddish-brown insects about the size of an apple seed. This flat insect hides near sleeping areas and feeds primarily on the blood of humans. Bed bugs are one of the most annoying pests that plague people and can be difficult to eliminate. There have been no reports of disease being transmitted by bed bugs.

### Habits:

- Bed bugs are VERY elusive, transient, and nocturnal pests.
- The first sign of a bed bug infestation is typically bites on the skin or the appearance of small brownish dots on the bed.
- Bed bugs gain access to people through used furniture and bedding, luggage or other objects that move from place to place, or through pipes shared by neighboring apartments or hotel rooms.
- Bed bugs can live for a year or longer without a blood meal.
- Bed bug bites may be undetected on people who have been bitten. Weft-like swelling in a straight line on the skin of the bite victim may occur.

## The Anderson Inspection

Your Anderson technician will:

- Thoroughly inspect beds, couches, chairs and other areas of your home.
- Look for evidence of activity to treat for bed bugs
- Instruct you how to prepare your bedroom(s) for treatment after bed bug activity has been confirmed.

## The Anderson Solution

Your Anderson technician will:

- Treat wall outlets, baseboards, and door and window frames.
- Treat headboard, mattress, boxspring, and bed frame.
- Treat upholstered furniture.
- Treat behind wall hanging items.
- Treat nightstands, furniture, and closets.
- Create a full report describing the treatment and how you can protect your home or facility from further infestations.
- Perform follow up service 7-10 days after the initial service.

Toll-free: 866-696-BUGS | E-mail: [info@anderpest.com](mailto:info@anderpest.com) | [www.andersonpestsolutions.com](http://www.andersonpestsolutions.com)



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## Preparation for Bed Bug Service

To provide the best possible outcome, it is essential that area(s) to be treated are properly prepared prior to Anderson Pest Solutions arrival to perform service. This shall include the initial service as well as all follow-up services. The following items shall be completed by the client prior to the bed bug service. Please note that your technician will not be able to perform the service or at a minimum the service will be compromised if the areas are not prepared properly. If more time is needed to complete the below items, please contact Anderson Pest Solutions at least 24 hours prior to your scheduled service date at 1-630-834-3300.

Address: \_\_\_\_\_ Unit / Room # \_\_\_\_\_

- a. All beds must be stripped down to the bare sleeping surface. Place sheets, blankets and bedding in sealed heavy duty plastic bags to be laundered.
- b. Empty dressers and nightstands; placing clothing in sealed heavy duty plastic bags to be laundered. Any other items are to be placed in the middle of the floor.
- c. All pictures are to be removed from the walls and placed in the middle of the floor of the unit / room.
- d. All clutter from closet floors and under furniture is to be removed and placed in the middle of the floor.
- e. Pull furniture away from walls for access to baseboards and electrical outlets.
- f. Empty all suitcases and place any clothing in sealed heavy duty plastic bags to be laundered. Other items are to be placed in the middle of the floor.
- g. Stuffed animals, pet bedding, shoes and other small washable items are to be placed in sealed heavy duty plastic bags to be laundered.
- h. Client shall launder all items as follows: Transport items to the laundry in sealed heavy duty plastic bags. Do not reuse the plastic bags after laundering the items since bed bugs/eggs may have crawled or fallen off inside the bag. The laundering process will consist of drying the items for 30 minutes on high heat (120° F minimum). This will kill bed bugs and their eggs. Only items that can stand the high heat of a dryer should be placed in the dryer. Anderson Pest Solutions is not responsible for damage to items that are placed in the dryer.
- i. People and pets must vacate the unit during service and remain out of the unit for a minimum of 4 hours after the service is completed.
- j. Infested items to be disposed of should not be removed until they are completely sealed.
- k. Infant cribs and mattresses will only be visually inspected by Anderson. No pesticide application will be made on infant cribs or mattresses. Client is responsible for cleaning and/or disposal of infant crib and mattress.

Warning: Removing infested items from the infested Unit/Room may increase the spreading of your bed bug problem. Do not remove items from infested rooms except those that have been properly placed in sealed heavy duty plastics bags to be laundered.

\_\_\_\_\_  
Client Verification

\_\_\_\_\_  
Date

