



# APREHEND BED BUG TREATMENT CLIENT PREPARATION GUIDELINE



## How To Prepare For Your Aprehend Bed Bug Treatment

### CHECKLIST

- All fabrics in your unit must be collected, bagged and processed through a high heat dryer cycle. Once complete they must be placed in clean plastic bags and stored in the bathtub, or balcony until the treatment is completed, this is to allow our technicians ease of access to your unit as well as eliminating any bed bugs hiding in your clothing! We are not allowed to apply pesticides to your fabric belongings. The laundering of your fabric items is an essential component to a successful bed bug treatment. Please refer to our laundering guidelines below. "Fabrics" will include but is not limited to; clothing, outerwear, bed linens, bath linens, curtains, hats, reusable bags, etc.
- Baseboards throughout the entire home must be clear. Please move all furniture 12 inches away from walls to allow access by our technicians. This includes the interior of all closets throughout the home.
- Heavily infested furniture or other personal effects must be disposed of. Please refer to our infested item disposal guidelines below.
- Bed bugs prefer to hide in tight confined spaces. Reduction of clutter from your unit will drastically improve the chance of a successful treatment. A rule of thumb to use when you are preparing your unit for treatment; If you are struggling to move throughout your unit once the previous 4 items on this list have been completed then we recommend reducing the amount of content you have.
- When you are preparing for a treatment, do not remove or transfer any items from your home into a storage room/locker. Bed bugs have the ability to live for up to 18 months without a food source. If you remove items and bring them back at a later date you may end up reinfesting your home.



- Do not place any items on top of the bed, couch or armchairs in the unit during your preparation as we will likely be manipulating/moving these items to fully treat them.
- Remove all items from behind/under couches and under beds.
- Birds and pets must be removed from the premises for the duration of your treatment and its recommended stay away time. Fish tanks can be covered with a damp towel and the air filter/pump turned off.
- Every day: Vacuum all floors including; carpets, wood, tile, focus should be directed to the edges, cracks and crevices. Use your vacuums extension tool to target the seams, tufts, edges of your furniture where bed bugs may be hiding, remembering that bed bugs prefer to hide in tight confined spaces. Once vacuuming is complete the canister or bag should be emptied and disposed of. Bed bugs can survive being vacuumed up

### ————— Laundry Processing Directions —————

When getting your unit prepared for a bed bug treatment the largest amount of work for a home owner or tenant is getting their fabrics prepared prior to treatment. Bed bugs love to live in tight confined spaces and are considered the ultimate hitchhiker. Because of this consideration there is a very likely chance that the bed bugs may have been brought into your home on your clothing while you were out shopping, dining, riding the bus, visiting a movie theater, traveling, etc.

Once the bed bug has been brought into your home, they will quickly seek harbourage in an area that is concealed and out of the way, in most cases this could be on your bed or couch which has fabrics on it most, if not all of the time with blankets, sheets, clothing being placed on it, etc. Please keep in mind that bed bugs have the ability to live up to 18 months without a food source, when you are preparing the fabrics in your home prior to your treatment ALL fabrics must be laundered, this includes but is not limited to:

- Bed linens
- Bathroom linens
- Clothing
- Outerwear
- Curtains
- Hats
- Reusable grocery bags
- Backpacks
- Stored summer/winter clothing
- Stuffed animals
- Shoes (if you have the correct dryer attachment)



When completing the laundering component of your preparation it is preferred that you only wash fabrics that are soiled. If the majority of your fabric items are clean then running them through a high heat dryer cycle for a minimum of 30 minutes will suffice, however we recommend a full dryer cycle whenever possible. The temperature in your dryer must reach a minimum of 40 deg. C (104 deg. F) and the load is recommended to be a maximum of 50% the capacity of your machine (this will allow the dryer to tumble the clothes more effectively).

Once the laundering of your fabric items has been completed, please take the clean fabrics and place them in clean garbage bags (the old bags should be disposed of in case a bed bug climbed off when you originally placed the unlaundered clothing in the bag). The bags can then be stacked up in your bathtub or placed on a balcony or other location out of the way so our technician can complete their treatment as effectively as possible.

With an Aprehend treatment your home will only need to be treated over the course of one day and no follow ups are required, however we do recommend that our customers slowly unpack the items that they have prepped. Should you continue to find bed bugs 30 days after the initial treatment a follow up service may be required. During the re-treatment, your home will require full preparation.

If you have fabrics that are un able to go through a dryer cycle then there are 2 options remaining. Each item can be dry cleaned or each item can be visually inspected for signs of bed bugs and then vacuumed to remove any that are found. These methods should be used only when a dryer cycle will damage the item, please remember that in most cases where clothing is damaged it is the interaction between wet clothing and heat. The majority of your items should be going into your dryer already dry, thus reducing the risk of damage.

### ————— Safe Removal Of Furniture From Your Home —————

When removing belongings from your home it is very important that you do your best to limit the spread of the bed bugs while moving items around. Once an item has been identified as being infested to the point where it is no longer worth saving it needs to be wrapped prior to moving it out of your home.

- For small belongings and personal effects, double bagging them in standard black garbage bags and throwing them away in your household trash will be more than adequate.
- For small belongings that are heavy or have sharp edges we recommend using contractor or heavy-duty garbage bags, again these smaller items can be disposed of in your household trash.



- For larger furniture such as beds, bedframes, couches, etc. we recommend the following: The piece of furniture should be damaged to prevent further use by someone who may try to salvage it once it is placed outside of your home. Cut the cushions of a couch, or

the top of the mattress/box spring, use sharpie to mark on a headboard, etc. Once the piece of furniture has been damaged it should then be wrapped in plastic furniture stretch wrap, the layers should be overlapping multiple times to ensure that there are no gaps in the plastic to allow bugs to fall out. The item can then be transported safely through your home.

### ————— After Your Treatment —————

Our pesticides, unfortunately, do not provide an instant kill; the products do not kill bed bugs eggs. Once hatched bed bug nymphs will have to cross the product that we have applied in order to die, this may take 10 to 14 days. The products applied will only be effective if the following steps are taken after your home is serviced:

- DO NOT use other pesticides (powders or sprays) or cleaning products near areas that have been sprayed, as these products will reduce or eliminate the effectiveness of the treatment.
- Upon re-entry to your home, do not wash any of the baseboards for a period of at least four weeks. The pesticide used has a residual component and if washed it will become ineffective.
- Use clean sheets and blankets on all beds, sheets should be changed frequently to eliminate any bugs that reinfest the fresh linens.
- A thorough vacuuming after the treatment should be completed, especially along the baseboards. Use the extension tool to get into corners and cracks. Furniture should also be thoroughly vacuumed with a focus on the seams, tufts and edges.
- You may return all items and furniture back to their original positions within your home after the treatment is completed. Please keep in mind that should you continue to find bed bugs we encourage our clients to unpack slowly, if a follow up service is needed, full preparation will be required.



## What You Can Expect From Your Treatment

Your technician will use a variety of methods to control the pest depending on each unique situation. Residual and non-residual pesticides will be applied and will be used in a manner that is most effective to take full control of the pest situation specific to your home. All treatments will be completed using an IPM (integrated pest management) approach with your health and safety in mind.

## Safety

It is necessary for you and your pets to leave your home during the treatment and to remain out of the home for a minimum of 4 hours post treatment being completed. Your pest control technician will supply you with a confirmed re-entry time before you leave.

Aquariums must be covered with a wet towel and have their filters turned off.

Anyone who has allergies, asthma, is pregnant, children under the age of 2 or anyone with respiratory problems should consult their family doctor should they have concerns regarding this re-entry time.

Upon re-entry, open the windows for 20 minutes to properly ventilate the treated rooms.

In an emergency, contact poison control at 604.682.5050 or 1.800.567.8911

## Additional Questions

Should you have any additional questions we recommend consulting our website for further information [www.1stpestcontrol.ca](http://www.1stpestcontrol.ca), by contacting our office at 1.844.737.8226 or 604.861.7378 or [info@1stpestcontrol.ca](mailto:info@1stpestcontrol.ca)

If you are a tenant in a building managed by a property manager who has scheduled this service for you, please direct your questions to your property management company.