

Preparation for Heat Treatment

Heat Treatment has proven to be the most effective and quickest method of eliminating bed bugs. All life stages, adults, nymphs, and eggs, die within minutes at a temperature of 120 degrees F. Temperatures will be raised to between 120 degrees and 140 degrees which are lethal to bed bug populations but not hot enough to damage most items in your home. A list of preparations including items that need to be removed or protected is found below.



Personal Items that must be removed or protected:

- **Pets**- including fish in aquariums
- **House Plants**
- **Fresh food**, fruits, vegetables, etc.
- **Food that melts**- chocolate, candy, etc.
- **Prescription** and over the counter drugs
- **Make-up**
- **Wax Based Items**- candles, wax figurines, crayons, fruit, lipstick
- **Pressurized Containers**- spray cans, fire extinguishers, oxygen bottles, etc.
- **Flammables**- lighters, lamp fuel, alcohol, solvents, etc.
- **Wooden and stringed musical instruments**- leave the cases
- **Family heirlooms and irreplaceable items** should be inspected and a determination made by the service provider as to whether they should be treated
- **Plastic Vinyl Blinds**
- **Remove all items hung on the wall** (pictures, mirrors, etc.)

Some of the smaller items can be stored in the refrigerator during treatment. Larger items can be boxed and left by the door for inspection. It will be determined by the service provider if any of these items need to be treated for bed bugs.





Clothing Preparation for Heat Treatment

Bed Bugs often seek shelter on and in clothing. To avoid re-introducing bed bugs, any clothing removed during heat treatment must be treated before being returned to the treated areas.

- Place in washing machine on hot water cycle and dry on hottest dryer setting to kill bed bugs in clothing
- Avoid contaminating freshly washed clothing. **Do not** return clean clothing to the container (bag, basket, etc.) it was transported in unless that container was also treated.
- Clothing left in the heated space must be placed in open weave laundry baskets. Clothing must be packed loosely! Tightly packed baskets will prevent lethal temperatures from reaching all items.
- **Do not place clothing in plastic bags.**
- Loosely packed clothing in drawers can be left in place. If clothing is tightly packed, then some items must be removed. It may be necessary to remove the drawers from dressers to help with the air movement.
- Clothing on hangers may be left in closets if the space between the items is large enough to allow the heated air to circulate. Arrange hanging items to open up air space of about ½ to 1 inch between them.
- Technicians will be bagging up clothing during service. Please discard of disposable bags outside of the building once the clothing has been laundered.
- Please launder the contents and discard bag immediately outside of the home.

Larger fabric items - Linens, towels, blankets, etc.

These items should be left in the area being heated, as they are likely to shelter insects.

- Place these items in open weave laundry baskets. Pack the items very loosely to allow for air circulation. **Do not** pack in plastic bags.

Papers, smaller items, etc.

- Heat Treatment moves large amounts of air by use of industrial fans. All items that can be blown around and possibly damaged should be protected.
- Place loose papers in boxes.
- Secure glass items, knick-knacks etc. **Do not** leave breakable items on shelves or other areas where damage could happen.
- Pictures, paintings, and other wall-mounted items will need to be taken down to prevent damage. These items may be left on a table or the floor along baseboards.

Electronics, Televisions, computers, video players, stereos, etc.

Electronics are a hiding place for bed bugs; do not remove electronics from areas being heated.

- Switch all electronic appliances to the off position.
- Disconnect all electronic appliances by unplugging from the wall outlet.
- Remove all outlet covers.

Waterbeds and airbeds.

- Drain all waterbeds.. If the waterbed is not drained, it will prevent the frame from reaching lethal temperatures.
- Partially deflate all airbeds.
- Partially deflate Select Comfort type airbeds with an electronic pump deflated and unplug from the electrical outlet.

