



Heat Remediation™ Preparation Instructions

Bed Bug Heat Treatment Instructions

Thermal remediation is a proven non-chemical, environmentally friendly method of treating bed bugs. Research has shown that all life stages (adults, nymphs, and eggs) die within minutes at a temperature of 120 degrees Fahrenheit. During the thermal remediation process, temperatures in your home will be from 120-140 degrees Fahrenheit. These are lethal temperatures to bed bug populations but not hot enough to damage most things (see Pre-treatment Item #1).

Successful heat remediation is a partnership between the occupant and **Preferred Pest Control, Inc.** Our goal is to eliminate the bed bug and its eggs. The goal is more likely to be reached if you are able to help in the preparation. Please use these instructions as your guide.

Preferred Pest Control, Inc. will need to know the following:

How long has it been since the first sighting of a bed bug?

- In what areas are bed bugs being seen? Bedrooms? Living & dining rooms? Kitchen? Bathrooms?
- Are bed bugs feeding in areas other than bedrooms?
- Do you see bed bugs during the daytime hours?

Pre-Treatment before you leave your home:

1. Items that **must be removed** from treatment areas or be 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, wax fruit & lipstick
- Anything pressurized: spray cans, fire extinguishers, oxygen bottles, etc.
- Wooden and stringed musical instruments-leave in the cases
- Family heirlooms and irreplaceable items should be inspected and a determination made as to whether they should be treated.

Some of the smaller items can be stored in the refrigerator during the treatment. Larger items can be boxed and left by the door for inspection. Your **Preferred Pest Control, Inc.** service team will determine if any of these items need to be treated.

2. Clothing:

The bed bug will seek shelter on and within clothing. To avoid reintroducing bed bugs, any clothing removed from the space before a thermal remediation must be treated before being returned to the treated areas.



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- Wash using the hottest water cycle and dry using the hottest dryer setting will treat most of the clothing.
- Avoid contaminating the freshly washed clothing. Do not return the 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 packed loosely! Tightly packed baskets will prevent lethal temperatures from reaching all items. Do not place clothing in plastic bags.
- Clothing in drawers can be left in place. Except if clothing is tightly packed, and then some items must be removed. Also, it may become 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 between them.

3. 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.
- Do not leave clothing, bedding, etc on the beds, since the mattresses/box springs, etc need to be stood upright to be properly treated.

4. Papers, smaller items, etc.

A thermal remediation treatment requires moving large amounts of air to be successful. All items that can be blown around and possibly damaged need to be protected.

- Loose papers need to be gathered and boxed.
- Glass items, knick knacks etc. will need to be secured. 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.

5. 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.

6. Waterbeds and airbeds

- Waterbeds will need to be drained. If the waterbed is not drained, it will prevent the frame from reaching lethal temperatures.
- Air beds will need to be partially deflated to avoid damage.
- Select Comfort type air beds with an electronic pump must be partially deflated and unplugged from the wall outlet.



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Post treatment-Returning to your home:

- The temperatures will probably be elevated when you return to your home. Higher temperatures are a result of the thermal remediation process and a cool down period will be needed.
- Open windows or turn on air conditioning to aid in cooling.
- During the heat remediation some of your things may have been shifted to get an even heat distribution. Your items may not have been returned exactly to where they were before the heat remediation.
- Damage-Any damage to your possessions must be brought to the **Preferred Pest Control, Inc.** technician's attention as soon as damage is confirmed.