

Bed Bugs Info- Before/After Treatment



What to do to limit chances of getting them:

- cover mattress, box spring, and pillows with plastic covers or ones for dust mite/allergies - you can get them from Can. Tire, etc (then they cant enter your mattress and set up shop, it also means you probably wont have to throw out your stuff if you do get them)
- regularly vacuum all carpets
- regularly clean surfaces with bleach
- remove as much clutter as possible

What to do to prevent spreading between units once they are discovered:

- put double sided tape on the floor on either side (outside in hall and inside of unit) of the main entrance to each apartment (they get stuck in the tape and can't move)
 - o also put double sided tape on either side of the floor at the entrance to each bedroom
 - o put double sided tape along the door frames
 - o put double sided tape near any open holes and along floor near heating systems
- vacuum your unit daily- immediately seal the vacuum bag in a garbage bag and put it in an outside garbage
- bleach all surfaces and floors in unit regularly

What to do limit their impact once you have them (i.e.: before and between treatment times):

- when there is more than just a few, the mattress and box spring/bed frame must be thrown out
 - o be sure to completely wrap the mattress and box spring/bed frame in plastic and label that it as having bed bugs (so that

- when outside other people don't pick it up and those removing it, know it has had bugs and take caution)
 - arrange to have it properly disposed of by city and/or pest control company
- put double sided tape along legs of bed frames
- put legs of bed frame in glass jars (they can't move easily along slippery surfaces)
- if bed frame doesn't have legs (i.e.: futon) then put it up on blocks, etc to get it off the floor
- after you wear an item, it should be plastic bagged and tightly sealed until it can be washed and dried on the hottest setting
 - once clean, all items should be washed and then sealed tightly in a bag

How to prep for treatment:

- wash all of your clothes, bedding, coats, curtains- basically anything and everything that can be washed
 - wash them on the very hottest setting and dry them on the hottest setting as the bugs won't die unless it's at least 50 ° C
 - if something can't be washed/dried at a hot temperature, put it in a sealed bag and then in the freezer for at least 72 hours
 - you can also leave items sealed in a bag outside in the cold for at least a week (note that it has to be at least 0°C outside or they won't die)
- once clean, plastic bag (sealed tightly) or rubber bin all of your laundered items so that they can not find as many places to hide and/or travel in your clothes
 - only open the bags when you need an item and immediately seal them up again right away or put in another bag
 - leave for at least two weeks, until after second treatment so that if any are left in stuff will die
- plastic bag (sealed very tightly) or rubber bin all of your books, trinkets, paintings (basically everything that can not be laundered) and only open bags/bins when you need an item, then immediately seal it up again or put stuff in another tightly sealed bag.
- All of your electrical covers should be removed and inspected as they love to hide inside these places

- They also love to hide in anything covered in cloth and/or with wood- so they may be inside couches, etc. These items should be carefully inspected and sealed then thrown out if necessary
- Follow very closely, whatever else is specified on information sheet provided by pest control company

Sooner you treat it, less likely it will develop into a major infestation and the less likely they will spread to other units!

Good Shepherd Works' Info: Bed Bugs Hotline 905-525-5188 x 23

- they will do an inspection of bed and rest of unit for \$30 cash
- once determined that unit has bed bugs- they arrange time for first treatment
- little preparation is needed by the tenant- they just need to have a clean outfit (laundered at highest temperature and then tightly sealed in plastic bag) ready to wear for the day of treatment
- the GS will bag all books, trinkets, papers, paintings, and anything that cant be laundered
- they will bag all clothing, bedding, coats, all things that can be laundered including curtains and take them away
 - o these items get washed in industrial machines calibrated to temperature that kills the bugs
 - o or they get put in the freezer for more than 72 hours
- they will properly seal and wrap mattresses, box springs and bed frames and take them away to dispose of them properly (so not lying outside of building or taken away by other people)
- they take off all electrical socket covers and inspect inside
- they inspect and remove any baseboards that are coming away from wall to ensure there are no bugs hiding there
- they inspect all couches, etc to ensure that bugs are not living in these items, and if they are, they remove them
- they then properly fumigate the unit (tenant must be out of unit for at least 5 hours after treatment)
- in two weeks time, they return to inspect unit again and spray second treatment