

### **Universal Pest Services Bed Bug Prep Sheet**

- 1. Wash all linens, bedding materials, clothing, stuffed animals, etc., in the highest allowable water temperature and dry on the hottest allowable heat setting.
- 2. All laundered items such as linens, clothing, stuffed animals, etc. should be placed in new plastic bags or plastic containers, sealed tightly and relocated to an area that has hard surfaces.
- 3. All clothing items that cannot be laundered must be dry-cleaned. We recommend leaving these items at the cleaners between the initial treatment and follow-up visit
- 4. Remove all items from closets, including any items on closet shelves. Follow the procedure above for laundering all clothing. No items should remain in the closet.
- 5. Remove all miscellaneous items from dressers, nightstands, chests, etc. and place them in plastic bags or sealed containers. None of these items should remain in the bedroom.
- 6. Vacuum floors, carpets and area rugs. Use the crack and crevice attachment around baseboards, bed frames, sofas, and other furniture items. Discard vacuum bags or contents after use.
- 7. All luggage that has been used recently during travel must remain empty so that it may be inspected and treated if necessary.
- 8. Remove all shelves, picture frames, artwork, wall clocks, and decorative items from the walls and place on the floor in the same room as they were hanging. These items must be inspected and treated if necessary.
- 9. All large pieces of furniture must be pulled at least 2 feet away from the baseboards in every room of your home.
- 10. Birds, cats, dogs, and humans must remain out of the home during treatment and at least a minimum of **4 hours after the treatment is complete**. Fish, and reptile tanks must be covered or removed. Air filters and filtration systems for aquatic fish should be turned off during treatment.
- 11. All mattress and box spring covers must be removed from mattresses & box springs prior to our arrival unless you have previously installed an encasement that was specifically designed to control, prevent, and eliminate bed bugs.
- 12. Remove and discard the box spring backing (the thin, fibrous material that is stapled to the bottom of the box spring) before the treatment.
- 13. Cribs, crib mattresses, and other baby furniture will be inspected and treated as needed.
- 14. Shoes should be placed in new plastic bags or plastic containers, sealed tightly and relocated. If shoes can tolerate a dryer cycle, first place them in the dryer on hottest cycle for 30 minutes. No shoes should be left in the bedroom or closet.

## **Bug FAQ Bed Bug FAQ**

1. Q: What are Bed Bugs? A: Bed bugs are parasitic insects that feed on the blood of humans.
2. Q: What Do Bed Bugs Look Like? A: Adult Bed bugs look something like an apple seed, and are small (approximately ¼ inch long), oval in shape, and are reddish-brown in color. Juvenile Bed bugs, known as nymphs, differ from adults in that they are often much smaller (1 millimeter) and may appear clear or tan in color.
3. Q: Can I See Bed Bugs? A: While Bed bugs are visible to the naked eye they are most active at night and due to their cryptic nature they are not often seen during the day.
4. Q: Where Do Bed Bugs Hide? A: Because Bed bugs are small and flat, they are able to squeeze into tiny cracks and crevices on the mattress and box spring, behind headboards, and inside furniture. They prefer to live in groups and are often found in clusters where the adults, nymphs and eggs are together in a protected area.
5. Q: How Did I Get Them? A: Bed bugs are adept hitchhikers. They travel in luggage, on clothing and inside furniture. They are found in hotels, movie theaters, train cars, airplanes and many other public places where people are at rest for a period of time.
6. Q: What Do Bed Bug Bites Look Like? A: Bed bug bites are difficult to distinguish from flea or mosquito bites because (as with all biting insects) not all skin reactions are the same. Bed bugs bite the exposed skin of humans while they are sleeping or at rest, often including the neck, face, arms and hands.
7. Q: Why Am I Being Bitten and My “Significant Other” Isn’t? A: The anesthetic that a Bed bug uses to numb your skin- -so you won’t feel the bite--may or may not cause a visible allergic reaction. This allergic reaction may cause raised, red bumps or blemish-like skin irritation, accompanied by an itching sensation. While some people find that they observe mild to severe discomfort and itchiness, others may observe no discomfort or bite marks at all.
8. Q: Can I Treat for Bed Bugs Myself? A: Bed bugs are “maddeningly difficult” to treat, even for our well-trained technicians. You should not attempt to control an infestation with do-it-yourself products, but rather leave the treatment to the professionals.
9. Q: How Does Universal Pest Service, Inc. Treat for Bed Bugs? A: Universal Pest Services uses the latest products and techniques in the battle against these blood-sucking arthropods.
10. Q: How Many Treatments Will It Take To Get Rid of Bed Bugs? A: Typically at least two treatments are needed. This is because bed bugs eggs, which are very small, hard to locate, and may survive treatment, may hatch into tiny bed bug nymphs which are often unaffected by the pesticide residue of the prior treatments.
11. Q: Should I Throw Out My Mattress and Furniture? A: In most cases American Pest does not recommend that you discard mattresses, box springs, or furniture as these items can be inspected and treated successfully.
12. Q: How Do I Prepare for a Bed Bug Treatment? A: The following document and checklist is designed to ensure you receive the most out of your Bed bug treatment. If you should have further questions regarding Bed bugs or treatment preparedness, please do not hesitate to contact us.