



## Preparing Your Home for Bed Bug Heat Treatment

### INSTRUCTIONS / CHECK-LIST FOR OCCUPANT

#### Preparation

- Most infested items can be effectively treated by heat. However, if you decide to remove or discard any furniture, help prevent the spread of bed bugs by completely wrapping items such as mattresses in sealed plastic before removal.
- Launder all clothing (including those in closets, drawers, and suitcases) and bedding. Dry for at least 20 min in dryer on high heat to kill all bed bug stages. Immediately afterward, place these items in sealed plastic bags. Remove them from the areas to be treated, if possible. Mattresses and box springs should be left bare.
- **DO NOT USE OR LEAVE ITEMS IN CORRUGATED CARDBOARD BOXES.**
- Other small items which are not heat sensitive, such as shoes, knick-knacks, toys, electronics (including CD's and DVD's), papers, books and magazines, and other loose items, can be placed in milk crates or open weave laundry baskets for treatment. All loose items must be off the floor, placed in baskets, and centered away from the walls.
- Larger electronics such as TV's and computers should be left in place.
- Place un-laundered linens, towels, blankets, etc. **LOOSELY** into open-weave laundry baskets, not plastic bags.



#### Accessibility

- Keep beds, couches, dressers or other pieces of furniture accessible and 18 inches away from all walls in the rooms to be treated. Do not stack other items on them. Drain / deflate any water or air beds.
- Dressers and chests of drawers, closet floors and shelving must be cleared of all storage before treatment.



#### Final steps

- Throw out all trash and vacuum thoroughly. The vacuum bag should be thrown out or dirt container emptied, but leave the vacuum to be heated.
- All house plants and pets, including fish, will need to be out by the morning of the service date.
- Wheel chairs and walkers must be treated. If needed, make arrangements to use a rental for the day of service.
- If possible, increase the temperature on your home's thermostat two hours before confirmed treatment start time.
- **DO NOT** apply your own insecticides before or after treatment. They often worsen the problem.
- Take minimal items with you when leaving your home during treatment. Clothing that you wear or take with you should be dried immediately upon returning home following treatment.

#### After the Heat Treatment Service

When you return, your home may still be warm. You may notice some things out of place - we have to move things in order to distribute the heat treatment evenly for the best outcome. While the disorder caused by heat treatment can be extensive, it is reduced by proper preparation. Carefully follow these instructions!

[www.varmentguard.com](http://www.varmentguard.com) | [www.proguardcommercial.com](http://www.proguardcommercial.com)

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**ITEMS THAT CANNOT BE HEATED**

- All aerosol and pressurized cans – including hairspray, deodorants, bug spray, asthma inhalers, spray paint, fire extinguishers, oxygen tanks and cleaning products.
- Medication/Medicine, foods that can melt (like candy or chocolate), and beverages. Items in the refrigerator can remain there.
- Anything made from wax – candles, wax figurines, crayons, waxy cosmetics and oil paintings.
- Vinyl records, photo negatives, film strips, ink printer cartridges.
- All flammable materials – butane lighters, lamp fuel, solvents, fuel for food warmers, ammuniton, etc.
- Musical instruments (a piano may be treated, but will probably need tuning afterwards).



Leave these types of items inside the door in one or more containers clearly labeled “**DO NOT HEAT**”. We will inspect them for bed bugs and treat by other means if necessary. Wallpaper, linoleum tile, laminated furniture and laminates in general can be damaged by heat. Varmant Guard is not responsible for damage to these or any items left in the home during heat treatment. Failure to comply with these instructions at any point will void the service agreement, in which case additional applications will be chargeable.

*Bed bugs are a serious and challenging pest.  
Thank you for doing your part in preparing your home.  
Your cooperation is essential to the success of the bed bug treatment service!*

*Sincerely,  
**Your Varmant Guard Technicians***

Additional Notes:

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