



### The Inspection Process:

Technician(s) will be going into the bedroom(s) and will be removing sheets from the bed(s) in order to do a thorough inspection of the mattress and box spring. Other furniture in the unit will also be inspected for signs of bed bugs.

### How to control bedbugs and their breeding sites

Bed bugs are tough to control. Pest control technicians **need your cooperation and participation** in order to control bed bugs successfully. They hide in many places; behind baseboards, cracks and crevices, in beds, closets, furniture and behind pictures, so inspections and treatments must be thorough.

- ✓ Ensure your unit is **tidy, free from clutter and garbage**.
- ✓ **Infested areas including** upholstered chairs and sofas **should be vacuumed carefully along with a hard bristled brush to loosen eggs**, and the bag should be disposed of immediately afterwards
- ✓ If you know that you have bed bugs, always put bed sheets in plastic bags for washer transportation. Wash ALL clothing/linen from your bedrooms or sleeping quarters. It is best to wash ALL linen in your unit.
- ✓ Drying **clothes in a HOT Dryer** at a minimum 40° Celsius for 30 minutes will kill bed bug adults and eggs.
- ✓ **LEAVE ITEMS IN BAGS FOR AT LEAST 21 DAYS AFTER YOUR UNIT HAS BEEN TREATED.**
- ✓ **Do not** wash any treated surfaces

**Do not remove** and transport a mattress / box spring or any infested items from your unit unless covered in a sealed plastic bag. Never leave them in hallway or inside building. Arrange to immediately remove from building or put outside in bin.

### Our Treatment Process:

Technician(s) will treat all baseboards, cracks and crevices within each bedroom, hallway, and living area. Technician(s) will strip, inspect, and treat all mattresses, box springs bed frames, and other furniture. Underlining material found at the bottom of the furniture; i.e. beds, chesterfield, etc may be cut and / or removed. Plastic protectors on the corners of the mattress may also be removed. **Repeat applications are required. (Minimum 2 treatments at an average 21 day interval)**

### How to prepare your unit for treatment:

- 1. Strip Your Beds: UNLESS INFESTED**, remove all sheets, blankets, mattress covers, pillowcases etc. from your beds **and wash in hot water. Dry clothes in hot dryer after wash** (minimum 40° Celsius for 30 minutes to kill the adults and eggs of bed bugs). Fold and place them back in sealed plastic garbage bag for reuse on bed the evening **after** your pest control service treatment.
- 2. Empty hall closets, dressers, and remove clothing, toys:** Your closets must be empty. Empty all dresser drawers and night stands. Remove all clothing, toys, boxes, etc. from bedroom floors. Stuffed and plush toys should be placed in dryer on high heat for 30 minutes then placed in sealed bags or containers. **Inform technician of all bed bug sightings during your preparation.** Place items in living area.
- 3. DRY ALL clothing, towels, and other linen in hot dryer:** (This means everything) (minimum 40° Celsius for 30 minutes to kill the adults and eggs of bed bugs). Place clean items inside plastic bags. Store them in living room until bedbug free. (At least 21 days after last follow up treatment)
- 4. Vacuum:** Vacuum floors, furniture, and inside closets, dresser drawers, and bed stands. Also vacuum mattresses and box springs. Dispose of vacuum bag in sealed garbage bag.
- 5. Provide access for pest control technicians:** Make sure technician can readily access areas to be inspected and treated.
- 6. Avoid** contact with insecticide until dry. Make sure there are **no pets or people** in apartment during treatment. People and pets must remain out for at least 4-6 hours (24 - 48 hours suggested if you are pregnant) to allow adequate drying time. (Check with technician for the exact time of treatment)

**Call first if you have allergies or if you are elderly or infirm**

**NOTE: a cancellation fee will apply if the unit was not treated as scheduled.**

**PLEASE COMPLETE THIS CHECKLIST**  
**PRIOR TO TREATMENT AND PLACE ON KITCHEN COUNTER**  
**FOR OUR TECHNICIANS**

Occupant			Please check items in left column when completed	Tech
Yes	No	N/A	ITEM	✓
			Dry (hot setting) all linen including bed skirts and pillow cases	
			Dry (hot setting) curtains	
			Pillows – Hot cycle in dryer then seal in bag	
			Comforter – Place in sealed bag after drying (hot setting)	
			Bed – Strip mattress and box spring until bare	
			Nightstands, Dressers and Shelves – Emptied	
			Closet – Empty completely. Place contents in bags following laundering	
			Clutter – Place loose items in open cardboard boxes	
			Vacuum floors, furniture, and inside closets, dresser drawers, and bed stands. Dispose of vacuum bag.	
			Remove <b>all</b> electrical and phone plates. <b>Occupant is responsible to replace these plates following treatment.</b>	
			Pets removed from unit	

**STORE UNUSED ITEMS IN SEALED BAGS UNTIL YOUR UNIT IS PEST FREE OR FOR AT LEAST 21 DAYS AFTER LAST TREATMENT**

**ALL CLEAN CLOTHING AND LINEN TO BE PLACED IN DRYER (HOT) FOR 30 MINUTES AND THEN BAGGED**

Indicate locations of bed bug sightings or evidence:

---



---



---



---



---

Technician Comments \_\_\_\_\_

---



---



**A-1 Pest Control Limited** Since 1969

P.O. Box 35062

London, Ontario N5W 5Z6

**(519) 455-8840 OR 1-800-265-1082**

[www.a1pestcontrol.ca](http://www.a1pestcontrol.ca)

**Why Are Bed Bugs a Problem?**

**Bed bugs** are nuisances, but they **do not pose any major health risks**. As with mosquitoes, people can be allergic to their bites, which can cause swelling, itchy welts and in some cases infections. However, they are not known to carry any blood-borne diseases. Bed bugs are mainly active at night. As they typically feed when people are sleeping, their bites may not be detected immediately. One species of bed bug feeds primarily on humans, but there are other species that feed on other mammals and on birds. Bed bugs are moved into and around a dwelling through infested furniture and bedding. They can also enter a home or hotel by being carried in on clothing or luggage.

**Identifying Bed Bugs:** Bed bugs have an oval body and a short, broad head. The body as a whole is broad and flat. Unfed adults are around 6 to 10 mm long, brown and wingless. After feeding, they swell slightly in size and darken to a blood-red colour. The nymphs are shaped like the adults, but are yellow-white in colour. Itchy welts on skin, blood spots on sheets and/or black or brown spots on mattresses, bed frames or walls often indicate that there is a bed bug infestation. Bed bugs are also known by several names: wall louse, house bug, mahogany flat, red coat, crimson rambler as well as others.

**Lifecycle:** (Eggs- Nymphs-Adults)

**Eggs:** The bed bug eggs are white and about 1 mm long, and almost impossible to see on most surfaces. The female bed bug lays about 200 eggs in her lifetime, at a rate of about 3 or 4 per day. The eggs have a sticky coating and deposited in cracks and crevices, behind woodwork and similar hidden locations. They hatch in 6 to 17 days. (To remove eggs, vacuum with a stiff brush)

**Nymphs:** Newly hatched nymphs feed as soon as food is available. A bed bug goes through five moults before it reaches full maturity.

**Adults:** Adults usually live about 10 months, but can live for a year or more. In a home, where the environment is conducive to their reproduction (their ideal breeding temperature is between 21° to 28°C), bed bugs can breed year round. Bed bugs are wingless and cannot fly or jump, but are able to enter into extremely small locations in the home because of their flattened bodies. Bed bugs can live for several weeks to several months without feeding, depending on the temperature. They can go without feeding for 80 to 140 days; older bed bugs can go without feeding longer than younger ones. Adults have been known to survive for as long as 550 days (over a year and a half!) without feeding.

Reference Sources: Health Canada's Pest Notes and Techletter.com

FOR MORE INFORMATION ON BED BUGS AND HOW TO PREPARE [www.bedbugsinfo.ca](http://www.bedbugsinfo.ca)

**Control Products:** Bed bug control products are registered by Health Canada's Pest Management Regulatory Agency, (PMRA), under the *Pest Control Product Act (PCP Act)*