



## BED BUG HEAT TREATMENT PREPARATION INSTRUCTIONS

Poulin's Pest Control's Heat Treatment uses specialty Thermal Remediation Equipment to heat infested room(s) to temperatures exceeding 120° F. At 120°F and higher, heat eliminates all stages of bed bugs, including eggs, inside of furniture, fixtures, and other belongings. The partnership between the occupant and Poulin's Pest Control is crucial to the success of the treatment. Compliance with the following preparation instructions is critical.

### Preparing For Heat Treatment

24 hours prior to treatment, air conditioners should be turned off, and, the heaters or furnace turned on, when possible. Please make arrangements to vacate the premises for approximately 8-10 hours, possibly longer, on the day of treatment.

In order to get ready for the heat treatment, please do the following things prior to our arrival time:

- Please remove the following (these items MUST be removed, Poulin's Pest Control will not be held liable for any damage to the following items):**
  - House Plants and Pets—including fish in aquariums
  - Fresh foods—fruits, vegetables, etc. (can be removed or stored in refrigerator)
  - Food that may melt—chocolate, candy, etc.
  - Any prescription or over the counter medications. Medications that are normally kept in the refrigerator can be left in place
  - Cosmetics
  - Wine bottles should be removed or placed in the fridge during the treatment.
  - Waxed based items—candles, wax figurines, oil paintings, etc.
  - Any pressurized items— spray cans, hairspray, canned drinks, fire extinguishers, oxygen tanks, insect sprays, spray paints, asthma inhalers, aerosol cleaning products, etc.
  - Flammables—lighters, lamp fuel, alcohol, solvents, gun powder, ammunition, etc.
  - Musical instruments that might be damaged by heat (stringed instruments such as a guitars, violins, etc.)
  - Family heirlooms and irreplaceable items should also be removed
  - Plastic blinds and other soft plastic items, such as thermafoil drawers, should be removed
2. Clear door openings of any obstruction. Easy access to all rooms is required.
3. Move bookcases, dressers, television stands, etc., at least 6 to 12 inches from the wall.
4. With exception to the items listed above, leave everything (clothing, bedding, furniture, televisions, computers, etc.) in place.
5. Ensure that all electronics are unplugged from outlets.

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6. Place linens, towels, folded clothing, folded blankets/afghans, etc. loosely into open-weave laundry baskets to aid in distributing heat to all of these articles. Do NOT place clothing, linens, or folded clothing into plastic bags (unless previously treated in a hot dryer for 20 minutes)!
7. Arrange clothing on hangers or folded on shelves with a minimum of a ½ inch between each item. Clothing may remain in drawers if fit loosely. In the event items do not fit loosely, place a number of the items in open weave baskets loosely to allow for sufficient space in the drawers.
8. Any clothing that is removed before treatment should be placed in a dryer at the maximum heat setting for 20 minutes before reintroduction to the residence. Following the cycle in the dryer, clothing should NOT be returned to the same container it was originally transported in.
9. Place loose papers in boxes (powerful fans will be used to distribute hot air).
10. Remove wall-mounted knickknack shelves, wall hangings, small pictures and any wall-mounted articles. (Poulin's Pest Control will be moving through the structure with large and heavy equipment, removal of these items is crucial to prevent damage).
11. Drain all waterbeds.
12. Deflate all air bladders.

**After Heat Treatment:**

Your house may still be warm when you return, and you may notice that some clothing, linens, blankets, sofa cushions, etc. are not exactly the way you left them. Poulin's Pest Control apologizes for any inconvenience; however, we may need to move things in order to achieve an even distribution of heat. Open windows, and use fans to bring the temperature of the rooms down slowly. Do not open windows if outside temperatures are extremely cold. Air conditioners should not be turned on until the temperatures have been significantly lowered.

**Bed bugs are a serious and challenging pest, and we thank you for your cooperation!  
Please contact your Poulin's Pest Control branch for any further questions or concerns.**

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