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"Working with Nature for 25 years"

BED BUG PREPARATION CHECK LIST AND EDUCATIONAL MEMO

Bed Bugs - Simplified Bed Bug Preparation before an exterminator comes to your home

How to Prepare for Bedbug Extermination PAL Pest Control

Take a deep breath, relax as best as you can, if you are not afraid or ashamed to do so, please call a trusted friend or someone you trust to help you as you get ready and prepare your bed bug infested living space for a bedbug pest control extermination. It will require you a lot of careful detailed planning, forethought preparation and careful work to properly prepare your infested living space for bed bug removal and treatment.

It's time for you to get seriously focused about your Bed Bug Infestation.

You must know a bedbug infestation is not an example of the worst case scenario and product of a dirty person or unclean living space, wealth, race and status are not factors - bed bugs are equal opportunity blood drinkers. However, some people claim that it's harder to see bed bug bites on darker or older skin.

You must know the more cluttered and dirty your space, the more you create a luxury condo where bed bugs have lots of spaces and places to occupy for a new attacks, assaults and invasions.

Please strive for a minimalism, clutter free living and constantly vacuumed / cleaned home, this makes your home less hospitable for bed bug colonies to hide, and thrive.

If you can't live a minimalism oriented or clutter free existence than at the very least you need to seal up all that stuff in plastic bags, so you do not create unnecessary safe harborage for bed bugs.

Bed Bug Infestations are considered very common and even normal in areas with high population density, especially Houston, because when bed bugs are improperly exterminated by "do it your self bed bug treatment programs" in one area they quickly move to a new location in search of a more hospitable place.

In the 1800's 75% of homes were said to be infested with bed bugs in Britain and in Europe an estimated 1 in 4, because they did not have the knowledge or chemicals to eradicate them.

Bedbugs are extremely difficult to get rid of and continuously go through hyper evolution, enabling them to be resistant to all kinds of pesticides in a very short amount of time. This is why only a professional pest control exterminator should do your bed bug treatment, because only pest control specialists can get the proper chemicals necessary. **The key to an effective extermination treatment is education with proper and thorough preparation from the start.**

Long Term Bed Bug Eradication requires future prescience and ongoing Preventative Vigilance.

The key to long term bed bug pest control extermination is incorporating into your budget **long term vigilant preventative maintenance with "PAL" a certified and experienced Bed Bug Pest Control Exterminator company with monthly or quarterly visits for the best results.**

Although the "do it yourself" approach is more affordable, this typically just makes matters worse. Inexperienced individuals lacking the professional training and licensing to get the proper chemicals often just cause the problem to explode. Most of the natural remedies are ineffective, even the climb up interceptors do not stop bed bugs from skydiving into your bed - that is to say, they climb up the wall, then across the ceiling and fall into your bed.

Now let's get ready for Bed Bug Treatment and Removal:

Things you'll need for Bed Bug Preparation:

* Vacuum - for bed bugs and eggs, the nozzle should have brush or bristles on the end. You take off the sheets, comforters, etc.. stripping the bed down to the raw mattress, vacuum it, including every square inch of the mattress and box spring, then the entire bed frame, then take a scrub brush with hot water and soap, and scrub the mattress and box spring incase the vacuum didn't suck up all the tiny eggs which are attached to these units, then you're going to vacuum it again, every square inch, to make sure you got everything. **Be prepared later to encase the mattress and box spring in plastic covers, make sure to get accurate measurements of the bed and give it to your pest control specialist before they come so they can order them.**

Any bed bugs you missed will die inside the mattress and box spring covers - usually the mattress and box spring and bed frame and head board are also treated. This is how a pest control specialist normally treats your bed for bed bugs. If you were going to do it yourself you would do it this way, the problem is that any chemicals you used on the bed frame and head board, are probably insufficient because you need a special license to get the proper chemicals to treat for bed bugs - most of the over the counter products are not nearly as effective as the stuff the pest control specialists use. The less effective products only help the bed bugs evolve and become more resistant, its like the your doctor telling you to take your complete anti-biotic or viral medication when you have the flu or bacteria infection, even if you feel better, he tells you to take the complete cycle of medicine, to fully knock out the illness so it doesn't have a chance to evolve and become immune to the medicine.

***Sheets and pillow cases** - you should choose to use WHITE colored mattress covers, blankets, sheets and pillow cases, they enable you to see blood stains more easily should bed bugs ever attack again, they can also help you more readily identify bed bug feces.

* **Laundry Detergent** - to wash your clothes really well and make sure you dry them on a hot setting.

* **Washing Machine** - preferably hot water.

* **Dryer** - with a high hot setting to finish off any bed bug eggs.

* **Garbage Bags or Sealed Storage Bags/Bins** - bag up your clothes and linens.

* **Steam Cleaner** - For long term bed bug preventative maintenance, keep your rugs, carpets, furniture, drapes, and other fabrics steam cleaned.

* **Patience!**

Step 1

Verify that your pest problem is a bedbug infestation, capture some specimens in a glass and look at our Bed Bug Identification Page. This will probably involve a visual inspection by an exterminator to confirm the extent of the infestation.

Step 2

Prior to extermination, remove all bedding from mattresses; gather all linens, clothing, etc. from living space. This includes any textile materials that are machine washable - pillows, mattress covers, anything - and those that must be dry cleaned. Even fabric that is in storage should be collected. Wash bedding and any clothing/fabrics that may have come in contact with bedbugs in **HOT** water, and dry in the dryer high heat if possible. Wash all other linens and fabrics as directed.

Step 3

After washing, place items in storage bins or bags, or garbage bags. Seal these containers as much as possible to prevent bugs from entering and hiding in the clean fabrics.

Step 4

Empty the content of closets in all rooms where bed bugs have been found. Also empty closets in which fabrics, linens, towels, etc. have been stored. The exterminator will need access into these spaces.

Step 5

Unplug electronic devices in rooms being exterminated. This will make the area more accessible to the exterminator.

Step 6

Thoroughly vacuum floors, carpets, nooks and crannies. Steam clean, if possible, floors, rugs (if not machine washable), couch cushions, etc.

Step 7

Move objects away from perimeter of rooms. For example, if your sofa or bed is positioned against a wall, pull it away from the wall. The exterminator will need access to the perimeter of the rooms where bugs have been found, (probably bed rooms, living room, den/study). Vacuuming along the perimeter of the room is very important.

Step 8

Empty wooden bookshelves, desks, dressers, etc., and remove drawers if possible. Bedbugs can and will seek refuge between the boards of wooden furniture. This may include coffee tables, television stands, bed frames, photo frames, and box springs.

Step 9

Make sure to leave a contact number at which the exterminator can reach you. You will not be allowed inside the space for at least 4 hours. Keep the exterminators number as well, in case questions arise or to report any problems.

Step 10

Wait for all mattresses, sofas, etc. to dry before sitting or laying on them. The chemicals used to exterminate the premises can irritate your skin if you come in contact with them before they are dry.

Long Term Bed Bug Pest Control.

Daily:

Set aside 5 minutes every morning.

Inspect your body every morning when you wake up in a well lit bathroom with a mirror. Start from the top down inspecting your forehead, face, especially neck, then move down to the arms, fore arms, hands, thorax chest area, abdomen, pelvis, thighs, legs, feet. Just because you don't have welts, bumps or inflammation on your skin does not mean you do not have bed bugs, some bed bugs do not cause inflammation after they drink your blood. Bed Bugs are evolving and mutating so they become less detectable and harder to eradicate.

Weekly: With a flash light, screw driver or credit card.

1. Closely inspect your removable bedding for blood spotting. Change your sheets, pillow cases and bedding once a week, wash them or have them washed thoroughly. The best color of sheets, pillow cases, blankets and so forth is WHITE. White bed linens give you the highest and best chance to see blood spotting. White is also the color hardest for bed bugs after their first molting to hide against. They become dark brown just after molting.
2. Closely inspect your bed, mattress, box spring and head board for black or blood spotting or signs of bed bug molting or the bed bugs themselves. The best color for these items is white, white color items make it hardest for bed bugs to hide. Mattresses and box springs come in all colors sizes and shapes, choose white color for best ability to monitor bed bugs.
3. Inspect all your furniture in your dwelling, especially furniture with drawers. Take out the drawers, take items out and turn the drawer upside down and inspect. Bed Bugs also love couches and chairs where there are plenty of opportunities to hide out.
4. Inspect closets, top to bottom, you really should keep your clothes zipped up in sealed clothing containers.
5. Inspect drapery, valences, window coverings, venetian blinds etc...
6. Inspect wall hangings, by removing them from the wall.
7. Inspect all areas where they might hide, nooks, crannies, seams and cracks - those areas should be sealed properly.
8. Use Insect climb up identification tools like double sided tape around the legs of all furniture in your dwelling - but only after you have had a professional pest control exterminator treat your living dwelling.
9. Box spring and mattress covers should be replaced at expiration or if any tearing occurs. Don't buy the cheapest covers to save money, spend the money to get quality items that not only work, but are built to last.
10. Put old luggage, clutter and items you don't use in sealed garbage bags, keep your place clutter free as best you can.

Post Extermination - Long Term Vigilance

* Suffering a bedbug infestation does not mean you keep an untidy home, or that you live in unfit conditions. They are extremely common and indiscriminate - presence of bedbugs does not speak to your personal hygiene habits or socioeconomic status.

Tips & Warnings

* Following professional licensed extermination, seal your mattress, box spring, and pillows in airtight protective 'bags'. Ask your pest control specialist to order you the best. They know what works best through experience and knowledge.

* Be prepared for follow-up exterminations. Bedbugs are persistent, and they don't care how much time and money you spend trying to get rid of them. Since they can survive up to 1.5 years without food, be prepared to take this battle to the long term.

* Many bedbug infestations are the result of improperly treated bed bug infestations of neighbors or neighboring buildings. The "Do it yourself" approach should not be done because it often fails making the infestation worse, and only after you have been given a professional treatment by a certified Bed Bug Specialist and thorough education on bed bug treatment, you should focus on long term preventative measures. However it is highly recommended, you sign up for bed bug maintenance program rather than try to tackle to long term problem yourself. Bed Bugs travel ! People pick up Bed bugs in hotel and motel rooms and transport them home in their luggage. Visually inspect mattresses before sleeping on them and inspect your luggage before settling in at home after a trip. Bedbugs are easier to avoid than to get rid of! Always inspect your hotel room thoroughly on arrival with the focus on the bed itself and areas within 15 feet of the bed.

* Be sure to follow exterminator's instructions. You cannot be too thorough. Yes, it is annoying and time consuming to prepare, but it is best to do it right the first time and avoid repeating the process should the extermination fail because the space was not prepared!

* Best Solution to Bed Bugs is Prevention; invest the money in a monthly maintenance program with a local experienced certified pest control company. The biggest mistake is people make is trying to eradicate bed bugs on their own and cause the bed bug population to explode - we are in a bed bug epidemic now because people tried the "do it yourself approach".

I HAVE RECEIVED; READ AND UNDERSTAND THE "BED BUG PREPARATION

AND EDUCATIONAL MEMO" Failure to comply with these guidelines will void any warranties, and may incur additional charges if re-infestation occurs. If technician arrives to treat and proper preparation has not been performed treatment will have to be rescheduled and a trip charge of \$125.00 will be charged.

OCCUPANTS: _____

Responsible Parties (owner or leasing agents)