

## PREPARING FOR TREATMENT

### SHOPPING SUPPLIES:

- HEFTY BAGS
- PAINTERS PLASTIC TO RETAIN HEAT
- POSSIBLE MILK CRATE/ FURNITURE BLANKET IF YOU HAVE VINYL FLOORS

Keep it Simple and You can Do It.

Note: try NOT to use chemicals before your treatment. The chemicals can cause the bugs to run to far corners and make it harder to reach them. However, often people have done just that in an attempt to have success and now need the heat, which is fine. You will still prevail. But if avoidable, don't do chemicals before.

**VACUUM** all areas. This will clean the carpet/ floor of pet hair and diatomaceous earth which can DAMAGE the machines. This is REQUIRED. You do NOT want diatomaceous earth in the machines. Then of course, keep the vacuum in the treatment area.

**DECLUTTER PARTY** One of the secret benefits of having bed bugs, is that you can embrace this as a time to declutter and clean up your life/ home. Think Marie Kondo, the Life Changing Magic of Tidying up. Kondo gives the reader permission to "Embrace the Discard". Get ready to graciously get rid of stuff that you haven't used in a year, is broken and won't be fixed, etc, and simplify. Perhaps think of if there was a fire, what do I really want/ need? Mark the "Keepers", and discard the rest. (And to the TRASH, no donations anywhere.) Note, you need to have plenty of hefty bags around, and if you take things from an infested room, do so in hefty bags so as to not spread the infection.

The heat must get around, so YOU must MAKE SURE the heat is accessible with your stuff. Nothing left under the bed. Closets have to have air circulating, so make space for the heat to move around. If you have boxes of things, open them up. If you have plastic bins, open them up and then criss cross, stack them on top of each other with lids off. Keep closet doors open.

**LOOSE PAPERS/ PHOTOS/ ETC** must be weighed down, as they could start a fire if they blow onto the heater.

**STUFF ON THE WALL**, like calendars and pictures that **COULD FLY AWAY** must be taken off the wall and weighed down. Pictures with heavy frames that will stay on the wall are okay.

### **KEEP THE HEAT MANAGEMENT**

You want to keep the heat, so cover old windows with blankets or painter's plastic. Note, most windows are okay, especially if they are new and double paned. But if they are old, thin, etc, cover them. Also, close bathroom vents and cover with plastic. If you are doing a single room and have no cords going under the door, put a towel to block the heat in. If you have to have a door partially open for the cords, then put plastic around the door to keep the heat. Failing to do this will cause your treatment to go longer to heat up, which could take many hours to reach the kill temperature. Be mindful of where a "cold spot" could be and avoid it. Get the heat everywhere.

### **LINENS/CLOTHES**

You want to bag up all linens and clothes and dry them on **HIGH HEAT** for at least 30 minutes, including stuffed animals, purses, backpacks, etc. You can do this during your treatment, or before, but do NOT bring them back in until the treatment is over. Also, take them to the laundry in one hefty bag, tie up the bag and throw it away, and bring the laundry home in a new bag. If you have clothes hanging in the closet you can leave them there as long as they are not too stuffed. Make spaces. Things in a laundry hamper need to be dried on **HIGH** heat for 30 minutes, as the hampers are too deep for penetration. Also, clothes left in piles on the floor need to go to the dryer, piles can create cold spots.

## **6 INCHES OF WALL SPACE NEEDED/ FURNITURE**

All furniture, including beds and dressers, need 6 inches to create space for heat to flow. Dresser drawers all need to be opened and the stuff can not be overstuffed in the drawers, again no cold spots. If a piece of furniture of wood is just super thick and big, you may need to throw it out. You do not want to derail your treatment for a piece of furniture, like an armoire. Many items can be economically replaced on offer up. BOX SPRINGS should be thrown out. The mattress can be treated, the wood on the box spring becomes a vulnerable spot and not worth it. Get a metal frame for your mattresses for the future. Couch pillows should be removed and put on edge and leg extensions opened up. Again think cold spots. Sleeper sofas must be pulled out. Water beds drained, (at least partially), so heat can get around the edges.

## **ELECTRONICS, COMPUTERS**

Do NOT be tempted to take them out of the treatment area, as bugs like to hide up in them. UNPLUG all electronics except the refrigerator/ freezer. Keep the alarm clocks, CDs, DVDs, monitors, TVs, consoles, ect in the treatment area. Note, do not replug them in and use them until the space has returned to normal temperatures normally. See notes on Cooling the Space Safely and Naturally.

## **BACKPACKS, SUITCASES, must be emptied and treated.**

Backpacks can go in the dryer for 30 minutes on HIGH. Suitcases need to be opened up and treated.

## **HEAT SENSITIVE BELONGINGS**

Remove, all aresol conainters, lipstick, make ups, supplements, crayons, ink cartridges, waxy items (lipstick, crayons, deodorante), oil paintings. Thing hot glued together.

Combustibles: oxygen concentrators, oxygen tanks, ammo, fire extinguishers, butane, camping fuel or any kind of fuel, solvents,

Musical instruments (leave any cases). Cassette tapes.

Food, all fresh food, wine (heat can uncork the bottle), sodas, (heat pressure can pop the can), chocolate, candy.

PRECIOUS STUFF, like old photo albums may be individually inspected. The treatment does not affect photo albums but if you have something very fragile, or a family heirloom you can inspect it.

Use wisdom and common sense. We are NOT RESPONSIBLE for any damage to any personal property or structures.

Vinyl blinds may need to be removed before treamant and washed. Vinyl flooring can be sensitive, and possibly warp, so ensure their safety by putting the heater on a milk crate to seperate it from the floor, or putting it on a furniture blanket.

Area rugs can be left on the floor or loosly rolled up to get penetration.

## **FIRE SPRINKLER SAFETY**

You have to know if you have sprinklers and prepare for them. You can usually tell by looking but you can also call the manager of your building. It is recommend that the sprinkler be shut off and drained ahead. You can also lower the tempered for the treatment and do it

longer at 125 degrees. Check with manufacturer about the temp set for the sprinkler, which is usually 155.

## **RE-ENTRY SAFETY**

Be aware that the heater makes the space HOT and you want to have limited time in there if you go in there during the treatment. Use good judgement and also stay well hydrated on treatment day.

## **COOLING OF THE SPACE**

You want to let the space cool naturally, so as not to warp wood or do it too fast with the AC. Open the windows. When the space is 90 degrees or less, you can add the AC. Some doors may form a warp, and not shut properly, but by the next day they generally go back to normal. **DO NOT RUSH COOLING OFF**. It should take several hours naturally, so as not to damage any of your things.

You will see this again in the Heating Instructions.