



## **Heat Strike Pest Control Inc.**

**780 - 722 - 9261**

**heatstrikepest.com**

**. Full Prep Sheet .**

### **PEST CONTROL OPERATION :**

Your residence is scheduled for a Heat Treatment. We will be increasing the temperature in your home to a degree that will eradicate the Bed Bugs and their eggs at the same time. This goes for any other insect as well ( cockroaches, spiders, ants,etc ). Anything alive has a Thermal Death Point.

During the time needed to heat your residence, there will always be a tech onsite for the full duration. We strongly recommend calling the number above as soon as you receive this prep sheet, as we can walk you through everything and answer all your questions. Getting the prep done properly helps everyone.

### **THE THREE C's :**

Clothing, Cardboard and Clutter are the most important things to remember when preparing for a Heat Treatment. All three of these are insulators, and are typically shelters and nesting spots for Bed Bugs. Please read the following carefully, and remember to call us anytime.

### **CLOTHING :**

Closets are your best friend here, as any clothing you can hang up will not need to be washed and bagged. As long as we have half an inch on one side of the clothes line I am good. All clothing that can not be hung needs to be fully washed, or at least run through a full dryer cycle. Once completed place into a new clean garbage bag or a clean plastic tote and make sure they are sealed. Again, we are looking to get rid of all cardboard. All dresser drawers should be empty of clothes, even if they were just washed yesterday, they may have come into contact with bed bugs or their eggs at this point. Take the time needed, as this is a very important process. NEVER place clothing or items in luggage during treatment. All luggage should be completely empty.

### **CARDBOARD :**

We strongly recommend the removal and destruction of any cardboard boxes that are corrugated ( a box with interlocking slots in between the panels, typical moving box ). Flat cardboard, like a cereal box or a kleenex box, is ok. The reason behind this is, that a corrugated box, now has entry points for the bed bugs to hide in, nest, and lay their eggs. Cardboard is also an insulator ( think of it as a protective shell for these pests ), and we need to remove and limit everything we can that helps these critters survive. Any items that you have stored in cardboard boxes now can be transferred to a plastic tote. These are ideal as they can last forever and offer no entry points or little shelters for bed bugs. Plastic totes also allow heat to penetrate through a lot easier.

As with anyone, there may be some cardboard boxes we have in storage that we just don't go through at all, but would like to keep as is. If this is the case, there is a solution. Please read the following carefully: First, we must remember we have to treat all items with the assumption that they may be harbouring bed bugs. In this case, we need to know that a full grown adult bed bug that has fed once can now survive up to a full year to a year and a half with out feeding again. This is a long time for sure, but we can starve them out. A box can be put into a new garbage bag, then tied completely, and then wrap the knot fully with tape. I, myself, would even wrap it again in another garbage bag just to be safe. The whole thing we are trying to do here is to keep them contained, as they fully perish with the lack of food. Again, keeping the cautious mindset that all items may have come into contact with bed bugs.

## **CLUTTER :**

Let me explain why this is a issue when dealing with any pests in the home. Clutter anywhere acts as a magnet for bed bugs, as they know this allows for the best hiding spots. Let me give you some info on these critters: Bed bugs are attracted by 2 main things, carbon dioxide, and your body temperature. As you sleep at night, the carbon dioxide that you breathe off settles to the floor and acts like a beacon for the bed bugs. Your body temperature just magnifies this for them. Now, in most cases, bed bugs will generally feed during the night. In the day, you should never really see them, and this is because they are going back to their nesting area for the day. If we can limit where they can hide and nest, then we are again helping each other in getting rid of these pests.

## **PRECAUTIONS FOR SOME COMMON ITEMS :**

Before we begin, one thing you should remember is that your bathroom is a sort of safe place for some of your items. Anything you are concerned about getting damaged should be placed there. Once you have fully read this prep sheet, again, please call [780-722-9261](tel:780-722-9261) with any questions or concerns.

**Plants** – Live plants will most likely perish during the heat treatment, as we will be getting to an extreme temperature. You can place them in the bathroom and this way they will stand a chance to survive. Fake plants will always be ok during the treatment. Some may droop a little, but should spring back up once cooled. They can also be placed outside for the day. If they have been checked thoroughly.

**Pets** – All animals will need to leave for the duration of the treatment. Bed bugs do not typically like cats and dogs, as they find their hair too much effort to work through. We still recommend that you bathe them before leaving your home for the day. Fish in a small tank should be placed in the bathroom. If you have an aquarium, please let Heat Strike know so we can wrap it for the day, and the fish will be ok.

**Wax items** – Anything made out of wax will melt during the heat treatment. This can include candles, crayons, etc. These should all be placed in the Bathroom. Or, if you have gone through them carefully, they can be placed in a plastic tote and taken with you, or placed outside for the day.

**Cosmetics and Grooming items** – If these are not already in the bathroom they should be placed in the sink or the tub. Reason behind this is, items like deodorants may melt and then leak. Perfume in a bottle will build up pressure, and then leak from the top, so placing these items in the sink or tub allows for an easy cleanup after treatment.

**Medicine and Vitamins** – These should all be placed in the fridge, or the bathroom. Medication in extreme heat may lose some of its potency.

**Photographs and Wall art** – Any photographs in a frame are completely ok, as is anything in a photo album. Something like a single photograph on the fridge may bend a little during the treatment. All wall art will be ok, but there is concern in regards to how it is hung. If held by a nail, screw or wire, it is completely safe. Something like a plastic tac may heat up and let go during the day.



**Aerosol Cans** – Fire extinguishers and anything in an aerosol can ( hair spray, body spray, cleaning items, etc ) will need to be either put into the bathroom sink or tub, or removed from the residency. These items may heat up to a point where they will expand, and let loose there contents.

**Musical Instruments** – Items like guitars, keyboards and flutes should be placed in the bathroom, or removed for the day. Remember to leave their carrying cases though. These may be a place that bed bugs can hide out, so they will need to be heated. A piano is ok, but please phone Heat Strike so they are aware. It can be wrapped for safety during the treatment.

**Furniture** – Most if not all, furniture is completely fine during the heat treatment. The most common issue is something like a piece which has glued on sides, like a vinyl wrap. These may let go during the treatment, but can easily be glued back on after. Some do let go, and some don't.

**Electronics** – All electronics are completely safe during the heat treatment. Items like T. V's will be wrapped and protected during the day. Small items like laptops, tablets, and portable gaming consoles should all be placed together. This way, the tech on site can protect them for you. We do recommend to unplug all electronics before the treatment starts.

**Fridge and Freezers and Food** – All three of these are completely safe during the heat treatment. Just leave them plugged in, and Heat Strike will take care of them. Food in the pantry is fine as well. Most canned foods or food stored in jars are ok. I do recommend any canned meats to be placed in the fridge. Cans or bottles of pop should be in the fridge, bathroom or placed outside for the day. They may expand during the Heat Treatment.

**Alcohol** – Any alcohol that has been opened is ok left where it is. If not opened, they can build up pressure from the heat, and may leak. A wine bottle may pop its cork. Place unopened alcohol in the fridge, bathroom tub, or outside for the day.

**Vinyl Blinds** – If you have the big vertical or metal blinds there is no need to take them down for the day. If you have small plastic, or vinyl blinds on any window, they will need to be taken down for the day. Once off, please place on the floor, as we still want to get heat through them. If you need help taking them down, please let the tech know.

**Arts and Crafts** – Most items will be ok during treatment. The big thing here is that heat may dry some items. So things like acrylic or oil paint may need to be placed in the bathroom or fridge, or taken out for that day. Some items that are glued together may let go as well, but this is very rare.

### **REMOVAL OF ITEMS OR FURNITURE :**

Heat treatments do not require the removal of furniture, as we can fully penetrate to kill the bed bugs and their eggs. If you still want to throw out a mattress, any furniture, or any large items, please remember to damage them, or destroy them in some way. This will ensure nobody takes these items into their home, thus stopping the transfer of bed bugs.





## Heat Strike Pest Control Inc. Checklist

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<b>ITEM #</b>	<b>DESCRIPTION</b>	<b>CONFIRMATION</b>
<b>1</b>	<b>Clothing</b>	
<b>2</b>	<b>Cardboard</b>	
<b>3</b>	<b>Clutter</b>	
<b>4</b>	<b>Plants</b>	
<b>5</b>	<b>Pets</b>	
<b>6</b>	<b>Wax Items</b>	
<b>7</b>	<b>Cosmetic and Grooming Items</b>	
<b>8</b>	<b>Medicine and Vitamins</b>	
<b>9</b>	<b>Photographs and Wall Art</b>	
<b>10</b>	<b>Aerosol Cans, Pop, and Alcohol</b>	
<b>11</b>	<b>Musical Instruments</b>	
<b>12</b>	<b>Electronics</b>	
<b>13</b>	<b>Vinyl Blinds</b>	
<b>14</b>	<b>Arts and Crafts</b>	

## **PREPARING TO LEAVE FOR THE TREATMENT:**

- Remember that anything you take with you will not be getting the treatment, so all precautions should be taken.
- Always put on clean clothing just before leaving, and make sure any items you need to take with you have been inspected and put up somewhere high the night before.
- Try and take as little as possible for the day. Only bring what is essential.

## **BED BUG CONTROL TIPS AND INFO :**

- Having bed bugs is never an indication of someone being clean or dirty. Anyone can get them at anytime.
- Some common places that you may have picked up some bed bugs are. Used items, like furniture, books, electronics, as they can hide almost anywhere. Visiting somewhere or someone that has bed bugs already, or someone visiting you that has them. This is a easy way to transfer bed bugs and their eggs from one another.
- Sadly, sharing a wall with a neighbour that has bed bugs is another possible route of transfer over to you.
- The sooner you let someone know you have bed bugs, the better for everyone. They can multiply very quickly.
- If travelling, and you suspect you may by chance be bringing bed bugs back home, take all the precautions you can. Wash clothing immediately and fully dry. Put luggage in the tub and thoroughly clean it out. Have a shower, and immediately place your clothing into the washing machine.
- Renting a moving van or truck, where customers before you may have moved items that contained bed bugs may be a source of transfer.
- If you suspect you have bed bugs always contact the management company or the owner. Home owners should check their beds up and down, and anywhere else they spend a lot of their time because sadly, you are their food source. I always recommend getting a dog sniffer for a professional inspection, or calling us at Heat Strike for help with this. Please check my website for more info and links @ [heatstrikepest.com](http://heatstrikepest.com)

## **AFTER TREATMENT INFO :**

- Your residency will be warm all night. Please remember to drink a lot of water to prevent dehydration.
- Be cautious of opening windows in the winter, as you may freeze pipes.
- Do not run A/C until the next day, as it will over work itself.
- Vacuum thoroughly the next day, to clean any and all dead bed bugs. Do not use the vacuum the same day of treatment, as it may burn it's belt quickly because of the high heat. Also if you have a central vacuum never use it until the next day.
- We will be moving your items around all day to get a proper and thorough heat treatment, so you may need to put items back into place.

**We all need to work together to solve this pest issue. You can visit us at [heatstrikepest.com](http://heatstrikepest.com) for more info. A cancellation fee may be applied if prep is not fully completed.**

