

Preparing Your Home for Bedbug Treatment



Anyone can get bed bugs. They are not a reflection of cleanliness, or income level. Bed bugs can be picked up on public transit, at the library, through a neighbour or other ways. If you do discover a bug or bites, it is important to let your Property Manager and Housing Support Specialist know immediately. Bed bugs can multiply very quickly, and the bugs can quickly spread between units. Infestations caught early are easier and more successful to treat.

- Please follow all instructions from the pest management company and from Calgary Housing Company. If your home is not ready for treatment at the scheduled date, a charge may be levied.
- Pack up all possessions into plastic tubs. During treatment these tubs should be stored in the centre of the room at least 2 feet away from any walls.
- Completely empty out all closets and storage spaces. Dispose of all cardboard boxes and store items in plastic tubs or plastic bags.
- All clothing, drapes and other soft furnishings will need to be washed and dried at a high heat. After drying put items into clean plastic bags for storage.
- Sheets, pillow cases, stuffed animals and blankets will need to be removed from the bed and washed. After washing the items immediately dry them on high heat for at least 30 minutes. The heat treatment is needed to kill the bugs and their eggs. After drying the items put them into clearly marked and tightly sealed plastic bags to prevent them from being re-contaminated. Do not put the bedding back on the bed until the unit has been treated.
- Sweep and vacuum your whole home before treatment. If your vacuum uses bags, dispose of the bag immediately as it may contain bed bugs and their eggs. Clean your broom and dust pans as well.
- Move all furniture and other items 2 feet away from walls. If the furniture hasn't been moved your unit will not be treated, the pest management company can not move your furniture for you. Do not stack items on top of your furniture. If mobility is a concern, please speak to your Housing Support Specialist or Property Manager.



General Maintenance Line: (587) 390-1200 – Press 3

Information on Bed Bugs from Alberta Health Services:

<https://myhealth.alberta.ca/Alberta/Pages/How-do-i-treat-a-bed-bug-infestation.aspx>

During and After Bedbug Treatment

Please be advised that many bed bug infestations require multiple treatments. When the appointment was booked to treat your home for pests, the maintenance team should indicate how many treatments are expected to take place to kill the bugs. Please be mindful about what you unpack as many items will need to be washed and treated again.



While Your Home is Being Treated

- You can not be home while the pest removal team are working. Plan to be out of your house for 4 to 6 hours.
- All pets will need to leave with you. Any dogs, cats, hamsters, lizards or any other pets need to be removed from your home for 12 hours.
- Fish can remain, but the tank should be covered with plastic to prevent contamination with pesticides.
- All children under 2, pregnant women, elderly people and anyone with a preexisting condition should wait at least 6 hours after the treatment is complete before re-entering your home.
- Plants can remain in your home, but should be moved away from the walls.



After Your Home Has Been Treated

- Do not wash your floors, walls for windows for at least 2 weeks. This is to keep the pesticides in place and kill any bugs that survived the first treatment or that may have recently hatched.
- Sweep and vacuum your floors every day for the first week.
- If you purchased or were provided with a mattress cover it must be left on the mattress. If you have purchased a mattress cover, opt for one that seals the mattress completely, some covers only cover the surface of the mattress.
- You can return your sheets and bedding to the bed after treatment.
- You can put other items in your home back in place.
- Comply with any follow up treatments, Calgary Housing Company and the Pest Management Company will let you know when follow up treatments are scheduled.



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Information About Bed Bugs

What do bed bugs look like?



Bed bugs are flat and wingless, they are approximately the size and shape of an apple seed. They are often a rusty red colour.

Quick Facts About Bed Bugs

- Bed bugs spend most of their time hiding and are most active at night.
- Bed bugs can go up to two years without feeding! And their eggs can survive even longer than that. You can not “wait out” a bed bug infestation, the only remedy is treatment.
- Bed bugs are quick to develop immunity to over-the-counter treatments. While these sprays may kill some of the bugs, the ones that live will be immune to future sprays.
- Bed bugs usually hide on or near the bed. Mattress seams are a favourite hiding place, however an absence of bugs there doesn’t mean you don’t have bed bugs, they can hide many places.
- Bed bug bites often appear in groups of three, but you can get single bites as well.
- Extreme cold can kill bed bugs, however most household freezers are not cold enough to kill bed bugs or their eggs.
- Bed bug traps are more useful for detection of bed bugs rather than controlling an infestation. Many of the traps are designed for ground level and will not detect bugs living directly on the mattress.

Preventing Bed Bug Infestations

- Never take furniture from back alleys or the roadside into your residence. This includes couches, mattresses, bookcases and tv stands. Any of these items can harbor bed bugs.
- If you buy used furniture inspect it for bed bugs. They won’t be visible on the surface but may be hiding in seams and cracks. Any second hand clothing should be washed and dried as soon as you bring it home.
- If you have visited a place that has bed bugs, immediately wash and dry on high heat all the clothes you were wearing at the location with the bugs. Check your shoes for any bugs. Vacuum the inside of your car, paying special attention to the floor mats and your seat.
- Try to avoid going to places that have an active bed bug infestation and do not invite over guests who indicate they have an active bed bug infestation.



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