



**DISTRICT PEST CONTROL LTD**

**BED BUG MANAGEMENT PROGRAMME**

**CUSTOMER INFORMATION, PREPARATION AND TREATMENT PROCEDURE  
(NON-HEAT TREATMENT)**

## **INTRODUCTION**

Bed bugs are one of the most challenging household pests to control. Unlike many other pests, they can survive for long periods without feeding and are extremely effective at hiding in small cracks, crevices and furniture.

Successful treatment relies on a combination of professional pest control measures and customer cooperation. Failure to follow preparation instructions may reduce the effectiveness of treatment and may result in additional visits being required.

District Pest Control uses an Integrated Pest Management (IPM) approach which may include detailed inspections, physical removal, steam treatment, monitoring and professional insecticide applications where appropriate.

## **UNDERSTANDING BED BUGS**

Bed bugs feed exclusively on blood, usually while people are sleeping.

They are commonly found:

- Around beds and mattresses
- Behind headboards
- Inside divan bases
- Around bedside furniture
- Within sofas and upholstered chairs
- Behind skirting boards
- Under loose wallpaper
- Around electrical sockets

- Within luggage and personal belongings

Bed bugs do not indicate poor hygiene and can be introduced into any property through travel, visitors, second-hand furniture or shared accommodation.

## **IDENTIFICATION OF BED BUGS**

### **Adult Bed Bugs**

Adult bed bugs are:

- Reddish-brown in colour
- Oval shaped
- Approximately 4–6 mm long
- Flat when unfed
- Wingless

After feeding they appear darker and more swollen.

### **Nymphs (Young Bed Bugs)**

Young bed bugs:

- Are pale cream or translucent
- Are much smaller than adults
- Become darker after feeding

### **Eggs**

Bed bug eggs are:

- White or pearly in colour
- Approximately 1 mm long
- Usually cemented into cracks and crevices

### **Other Signs**

Evidence may include:

- Black spotting (bed bug droppings)
- Cast skins
- Blood smears on bedding
- Live insects
- Clusters of eggs

Bites alone cannot be used to confirm a bed bug infestation as many skin reactions can resemble insect bites.

## **BEFORE YOUR INSPECTION**

To allow a thorough inspection, please ensure:

- All rooms can be accessed.
- Beds are accessible from all sides where possible.
- Floor areas are reasonably clear.
- Pets are secured.
- Technicians are informed of any medical conditions, allergies or vulnerabilities within the property.

The technician may need to:

- Lift mattresses
- Remove drawers
- Inspect wardrobes
- Examine sofas
- Remove headboards where practical
- Inspect carpet edges and skirting boards

The more access available, the more accurate the inspection.

## **IMPORTANT - DO NOT SPREAD THE INFESTATION**

Before treatment it is vital that bed bugs are not accidentally transferred to other areas.

Please DO NOT:

- Move bedding uncovered around the property.
- Move furniture between rooms.
- Sleep in another bedroom.
- Store belongings in another room.
- Give away furniture.
- Dispose of furniture without professional advice.

Many infestations become significantly worse because bed bugs are moved into previously unaffected areas.

## **CUSTOMER PREPARATION BEFORE TREATMENT**

### **Bedding**

Remove:

- Sheets
- Duvet covers
- Pillowcases
- Blankets

- Mattress protectors

Place all items directly into sealed plastic bags.

Items should then be:

### **Washed at 60°C**

Where fabric care instructions permit, wash items at 60°C.

A complete 60°C wash cycle is generally sufficient to kill:

- Adult bed bugs
- Immature bed bugs (nymphs)
- Bed bug eggs

### **Tumble Drying**

Where possible, items should also be tumble dried on a high heat setting.

A minimum of 30 minutes at high temperature is recommended.

After laundering, place items into clean sealed bags until treatment has been completed.

### **Clothing**

Clothing stored:

- Under beds
- Near beds
- In affected rooms

should be bagged and laundered using the same procedure.

Clean items should remain sealed until advised otherwise.

### **Clutter Reduction**

Reduce unnecessary clutter as much as possible.

Particular attention should be given to:

- Bedside cabinets
- Under-bed storage
- Floor areas around beds
- Piles of clothing
- Cardboard boxes

The fewer hiding places available, the more effective treatment will be.

## **Furniture**

Where practical:

- Move furniture 30 cm away from walls.
- Empty bedside drawers if instructed.
- Leave larger furniture in place unless advised otherwise.

Do not dismantle furniture without instruction from your technician.

## **WHAT HAPPENS DURING TREATMENT**

The technician will:

- Confirm evidence of infestation.
- Identify harbourage locations.
- Assess the level of infestation.
- Carry out targeted treatment.

Treatment may include:

- Detailed vacuuming.
- Physical removal of insects.
- Steam treatment.
- Application of professional insecticides.
- Monitoring devices where required.

Every infestation is different and treatment methods will vary depending on findings.

## **AFTER TREATMENT**

Following treatment:

### **Do Not**

For at least 14 days:

- Wash treated surfaces.
- Vacuum treated skirting boards.
- Clean treated cracks and crevices.
- Apply shop-bought insecticides.
- Move furniture unnecessarily.

## **Continue To**

- Sleep in the affected room.
- Monitor for activity.
- Follow all technician instructions.
- Report any significant activity between visits.

## **WHAT TO EXPECT AFTER TREATMENT**

It is normal to continue seeing some activity after treatment.

You may observe:

- Live insects for several days.
- Bed bugs emerging from harbourages.
- Newly hatched nymphs.
- Occasional bites.

This does not necessarily mean treatment has failed.

Bed bug eggs may continue to hatch after the first treatment and follow-up visits are designed to address these emerging insects.

## **FOLLOW-UP VISITS**

Bed bug control almost always requires more than one visit.

District Pest Control normally recommends:

### **Visit 1**

Inspection and initial treatment.

### **Visit 2**

Approximately 10–14 days later.

### **Visit 3**

If activity remains or where infestations are extensive.

The exact number of visits will depend on:

- Infestation level
- Customer preparation

- Property conditions
- Extent of spread

## **MATTRESSES AND FURNITURE**

In most cases:

- Mattresses do not need to be discarded.
- Beds do not need to be replaced.
- Furniture can be successfully treated.

Disposal should only be considered following professional advice.

Premature disposal often spreads infestations to communal areas, vehicles or neighbouring properties.

## **OUR COMMITMENT**

District Pest Control will:

- Carry out a thorough inspection.
- Provide honest recommendations.
- Use professional products responsibly.
- Follow industry best practice.
- Keep customers informed throughout the treatment programme.

Successful bed bug control is achieved through partnership between the customer and the technician. Following the preparation and aftercare instructions provided will significantly improve the likelihood of complete eradication.

District Pest Control Ltd  
Professional Bed Bug Management Programme