

Instructions to prepare your apartment for anti-bedbug treatment



The instructions are also available in video
www.omhm.qc.ca/en/bedbugs



Follow the steps!

1

Sort out and assemble all fabrics (clothing, bedsheets, towels...)



Assemble **all** of your clothing.



Empty the content of the bedroom drawers on the dresser.



Put the clothing and fabrics in a bag.

2

Prepare the clothing kit

Choose clothes for 7 days

The treatment may take several weeks.



Basics

- 1 sheet set
- 2 towels
- 4 washcloths
- 1 warm blanket (comforter or something else for cold months)
- 4 dishcloths
- Undergarments for 7 days
- 7 pairs of socks
- 1-2 pajamas



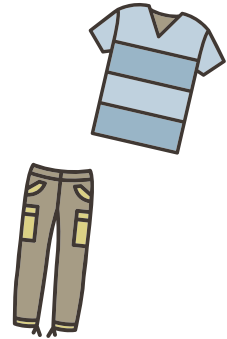
Seasonal clothing and footwear

- 7 tops
- 7 shorts, skirts or pants



Outdoor clothes

- A warm coat or a raincoat, depending on the season
- A jacket
- A scarf
- A hat
- Gloves or mittens



3

Dry all fabrics (clothing, bedding, towels...)



Dry them on the highest heat setting for 30 minutes.



Once you have emptied the bag, tie a knot to seal it and throw it in the trash.



Throw the lint from the dryer in the trash.



Once the cycle is finished, place your clothing in a **new** bag. **Do not** use a torn, used or fabric bag, or a laundry basket.

4

Make room for the exterminator



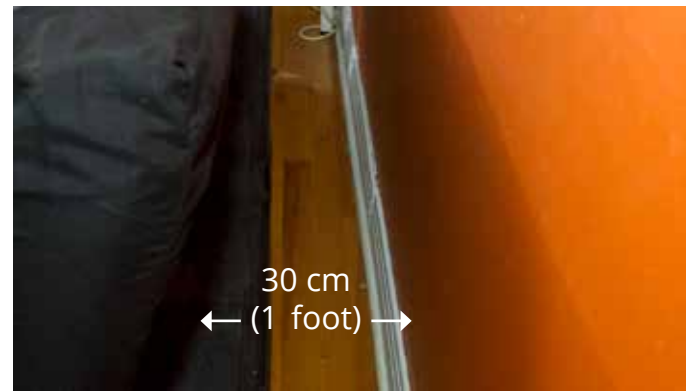
Empty all dresser drawers in the bedroom



Remove the bedsheets and dry them on the highest heat setting for 30 minutes.



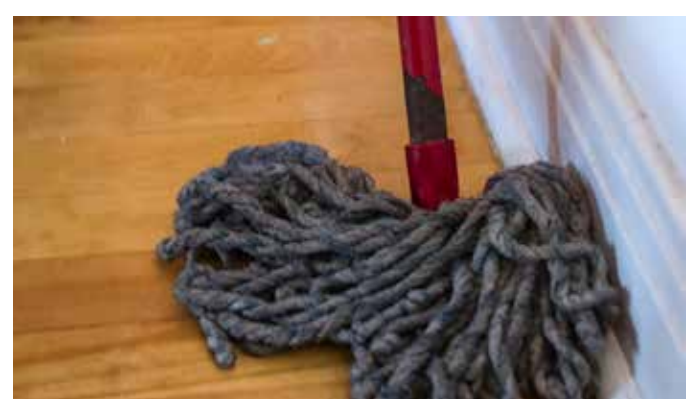
Empty the bottom of all closets.



Remove all items from the edges of walls, leaving a space of approximately 30 cm (1 foot). Do not move appliances (stove, refrigerator, etc.).



Place your bags in the centre of the room. If necessary, place them in the bathtub.



Wash the edges of all walls.

Your apartment is ready for the treatment.
Open the door to the exterminator. Then leave your apartment.

5

Leave the apartment



6 hours for:

everyone, without exception.



8 hours for:

- anyone with respiratory issues (asthma, etc.)
- anyone with allergies to the products being used
- children under 5 years of age
- nursing mothers
- animals.



12 hours for:

- young children who are not yet walking
- pregnant women



Do not use bleach, bleaching products, baking soda, or insecticides.



Do not discard your furniture or mattresses. These items can be treated. Ask the exterminator.

Thank you for your cooperation!



Office municipal
d'habitation
de Montréal

Thank you for your cooperation!
The OMHM is here to help you.
Questions?
Call us at 514-872-6646.