

Bed Bug LAUNDRY

Bed bugs are often found on clothing and fabrics near infested areas of a home. Bed bugs will hide and lay eggs on fabrics, especially in seams, under labels and in folds or corners where they are hard to spot.

Laundering clothes and bedding at high temperatures is an effective way to kill bed bugs and their eggs.



Collecting the Laundry

All fabrics in the area around where bed bugs were found should be laundered according to the following instructions. This includes clothes in drawers and on the floor, bedding, linens, pillows and small rugs.

- While in the infested area, pre-sort clothes as you normally would when you wash clothes. Place each sorted pile into its own plastic bag. Mark each bag "To Wash" and tie each bag tightly.
- Clothes in dressers or nearby closets may also need to be treated. If the items are clean, they don't have to be washed, but should be treated in the dryer on high heat for 30 minutes to kill bed bugs and bed bug eggs. Place these items in plastic bags. Mark the bags "Dryer only" and seal tightly.
- Dry-clean only clothes can be dry-cleaned or treated at home using just the dryer. While these clothes cannot be washed, they may be placed in a dryer on high heat for 30 minutes. Put these items in plastic bags noting "Dryer only" and seal the bags.

Doing the Laundry

- Bring the laundry to the laundry room in the sealed plastic bags.
- For items that need to be washed, put the laundry directly from the sealed plastic bag into the washing machine.
- Put the empty plastic bags into another plastic bag and tie it tightly. Do not reuse the plastic bags. Throw them away outside of the building.

- After being washed, move the laundry directly into the dryer. **Do not overload the dryer.** Once the clothes are dry, you must keep heating the clothes for an *additional* 20 minutes on high heat. It is the heat that kills the bed bugs and eggs.
- Wool items, dry clean items, plush toys, pillows, shoes and other clean fabric items that were not washed must be placed dry into the into the clothes dryer on the hottest setting for 30 minutes to get rid of bed bugs. **Do not overload the dryer.** The bags used to bring these items from your apartment should be disposed of outside the building.
- Inspect the folding table in the laundry room for signs of bed bugs. Fold the laundry as soon as it is removed from the dryer. Put the folded laundry immediately into new, clear plastic bags or sealable containers. Do not reuse the same bags that held the laundry before it was washed or dried.

Storing cleaned items

- If you your apartment is being treated for bed bugs, your laundry will need to remain in the sealed bags until all bed bugs are gone. Select a few items that you will need for the next few weeks, and put them into a re-sealable plastic container. Remove items only as needed. Reseal the container every time you open it to take out fresh clothes. **DO NOT** put clothing back in this container after it was worn.
- Do not open other sealed bags until after your home has received the final pest control treatment and your apartment is bed bug free.

After Treatment

- If a mattress encasement has been put on your bed during treatment, you can put your own clean bedding (mattress pad, sheets, blankets, pillow cases) over the encasement. **THE ENCASEMENT MUST NOT BE REMOVED** and should stay on your bed forever.
- Any clothing and bedding used while your apartment was getting pest control treatments will need to be washed and dried when each follow up treatment is scheduled. Launder these items following the same instructions on this sheet.

For more information about bed bugs, visit www.hamilton.ca/bedbugs

Produced in co-operation with

