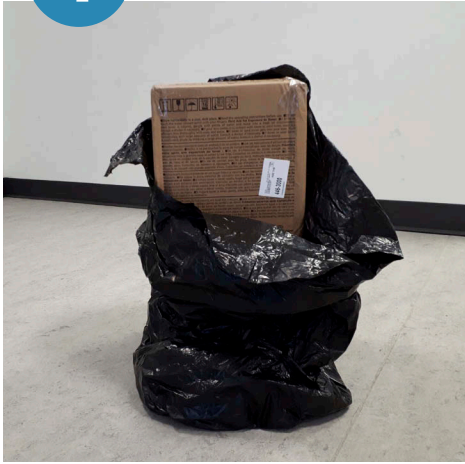


Moving Into an Apartment Advice to Reduce the Risk of Carrying Bedbugs and Cockroaches

1 Boxes and bags



Fill one small box at a time. Close it properly and make sure there are no holes or splits. Then put it in a bag immediately. Do not re-use used boxes from the grocery store.

If using bags, make sure they do not have any holes in them.

2 Large appliances and kitchen items



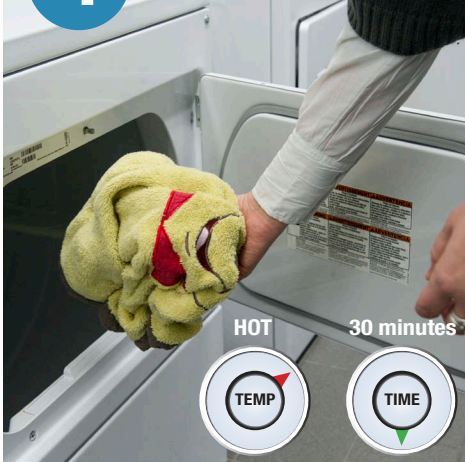
Wash your refrigerator, stove, freezer, dishes, containers, etc.

3 Furniture (bed frame, box spring, mattress, sofa)



Place them in a bag and seal it tightly with tape. If you have a vacuum cleaner, vacuum the furniture and inside the drawers.

4 Clothing, fabric and bedding



Put them in the dryer for 30 minutes at the highest temperature. Wash them, then dry them again.



Place them in new, tightly sealed bags. Never re-use bags.



Close bags securely before placing them in the moving truck.

5 Bulk food



Place in clean, tightly sealed containers.

6 After the move



Fold your boxes and place them outside the building on recycling day. If you have placed your boxes on the balcony, put them in bags before taking them down to the street or to the recycling room.

Treatments are FREE for low-rent housing tenants.



DO NOT
use commercial
products.



If your apartment has bedbugs or cockroaches

- **BEFORE** your move to low-rent housing, call your rental agent.
- **AFTER** your move, contact us at 514-872-OMHM(6646).