PEST TREATMENT — GUIDE

Bed bug heat versus chemical treatment

Compare professional heat, targeted pesticides and monitoring using EPA guidance and cited US price ranges.

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Confirm the insect before booking treatment. EPA recommends identification and a plan that combines preparation, control and follow-up. A skin mark alone does not establish which pest is present. Save a sample or clear photo for identification.

What professional heat does

Professionals use equipment to heat the treated space. Ask how they measure temperatures in hiding places and protect heat-sensitive belongings. Ask which rooms and objects are included. Heat is different from fumigation, which uses gas.

EPA warns against trying to heat a home with its thermostat, a propane heater or a fireplace. Those methods can be dangerous and ineffective. A hot room is not proof that every hiding place reached the needed conditions.

What a pesticide plan does

Ask for product names, labels and the areas to be treated. EPA says US products should be registered and list bed bugs on the label. Follow-up may be needed when bugs remain or eggs hatch. Ask how the provider checks results and decides whether to change the plan.

EPA says foggers should not be the only treatment. Their spray does not reach the cracks where bed bugs hide. Do not add your own spray between professional visits without asking the provider. Keep a record of all products already used.

Compare prices on the same basis

HomeGuide lists heat at USD $1 to $3 per square foot and chemical pesticide treatment at USD $2 to $5 per square foot. It also lists USD $300 to $500 for a single room across methods. These are different scopes. They are US planning ranges checked 2026-11-10, not Canadian quotes or guaranteed totals.

Ask whether the measured area is the whole dwelling or only treated rooms. Ask whether preparation, repeat visits and monitoring are included. A lower initial price can cover less work. Do not assume either method ends the problem in a single visit.

Prepare without spreading the problem

EPA advises reducing clutter, containing affected items and using mattress encasements and interceptors where appropriate. Follow the written preparation plan. Ask before moving furniture between rooms or discarding it. Keep clean items separate from items awaiting treatment.

For a rental unit, tell the property manager. Ask how adjacent units will be assessed and how access will be arranged. Do not assume a treatment limited to your bedroom addresses activity elsewhere.

Define success before paying

Ask what counts as evidence of continuing activity. Record sightings with the date and room. Agree on the follow-up inspection and the conditions of any guarantee. A promise to stop bites is less useful than a written monitoring plan because bites alone do not identify the cause.

Sources

- Do-it-yourself Bed Bug Control | US EPA. Fetched and checked 2026-11-10.
- How Much Does a Bed Bug Exterminator Cost? (2026). HomeGuide, commercial US cost guide. Fetched and checked 2026-11-10.

Frequently asked questions

Can I use my heating system for bed bugs?

EPA says not to try killing bed bugs with a thermostat, propane heater or fireplace. Ask a professional about monitored heat treatment.