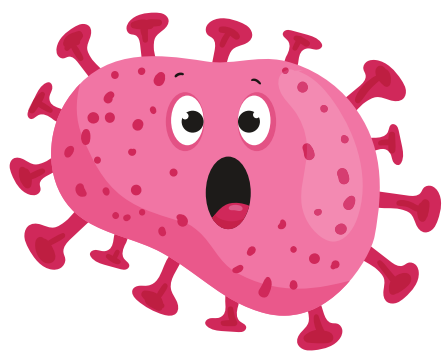


# BUG OF THE MONTH: BED BUGS



## DID YOU KNOW??



- When bed bugs bite, they inject anesthetic and anticoagulant, causing most people to be unaware of the bite until days later when marks appear
- The female bedbug produces a minimum of 200 eggs throughout her life, laying approximately two to four eggs daily
- The bite marks are similar to that of a mosquito or a flea

## WHAT IS IT?

- Bed bugs are small, reddish-brown, wingless insects with an oval, flat body and short head that feed on blood while people and animals sleep
- Bed bugs are not disease carriers and mainly present an environmental pest control issues
- They can grow up to 7 mm in length and live for 4 months to 1 year

## SIGNS AND SYMPTOMS

**Some individuals may not exhibit any skin reactions at all\***

- Small, red, itchy, swollen bumps or welts may appear on the skin
- Bite marks can occur anywhere on the body, though they are commonly found on the face, neck, arms, legs, and chest
- These reactions can take up to 14 days to develop



## TRANSMISSION

- Bedbugs prefer hiding spots that allow them to feed regularly, such as sleeping areas. Their flattened bodies enable them to hide in tiny spaces like under wallpaper, behind picture frames, in electrical outlets, inside box springs, in mattress pads, and in night tables
- They can easily move between rooms on infested items but struggle to climb metal or polished surfaces and cannot fly or jump

## ELIMINATING THEM



Follow prevention recommendations above and also include the following:

- Hire a licensed pest control operator and follow facility policies and procedures
- Daily vacuum the mattress, bed frame, baseboards, and surrounding areas (use a HEPA filter vacuum if possible; seal the vacuum bag in a plastic bag outside to prevent the bugs from escaping)
  - Refer to [Health Canada](#) for detailed vacuuming procedures
- Wash bedding, mattress pads, infested clothing, and curtains in hot water and dry on high heat for 30 minutes
- Place small non-washable items in a hot dryer for at least 30 minutes
- Store clean items in light-colored, heavy-duty sealed bags or bins. Bag, label, and dispose of infested items that cannot be cleaned

## PREVENTION

Regular inspections for signs of an infestation are the most effective way to prevent bed bugs:

- Conduct frequent inspections and cleaning, including vacuuming mattresses
- Reduce clutter to minimize hiding spots for bed bugs and facilitate easier inspections
- Use caulking to seal cracks and crevices
- Consider using plastic covers for pillows and mattresses, or opt for zippered cases secured with duct tape
- Thoroughly examine used clothing, furniture, and electronics before bringing them indoors; avoid accepting used bed frames, mattresses, or box springs

## DO I HAVE AN INFESTATION?

Itchy bite marks and dark droppings can signal a bed bug infestation. To check for bed bugs, use a bright flashlight and inspect the following areas:

- Bed linen including pillows
- Seams and folds of mattresses and box springs
- Cracks in bed frames and headboards
- Under chairs, couches, and dust covers
- Between couch and chair cushions
- Under area rugs and curtain folds
- In and around nightstands
- Behind baseboards and around window and door casings