

BED BUGS INFORMATION

August 2012

THE FACTS ABOUT BED BUGS

- Bed bugs are small, oval non-flying insects that feed by sucking blood from humans or animals.
- Bed bugs can live in any area of the home and can reside in tiny cracks in furniture as well as on textiles and upholstered furniture. They tend to be most common in areas where people sleep and generally concentrate in beds, including mattresses, boxsprings, and bed frames.
- · Bed bugs are most active at night and bite any exposed areas of skin while an individual is sleeping. The face, neck, hands, and arms are common sites for bedbug bites.
- A bed bug bite is painless and is not felt. Small, flat, or raised bumps on the skin are the most common sign; redness, swelling, and itching commonly occur.
- Typically, no treatment is required for bed bug bites. If itching is severe, steroid creams or oral antihistamines may be used to relieve symptoms.
- Fecal stains, egg cases, exuviae (shed skins) of bed bugs in crevices and cracks on or near beds are suggestive that bed bugs may be present, but only observing the bugs themselves can confirm an active infestation.
- A professional pest-control company may be required to help identify and remove bed bugs from the home.





How are bed bugs spread?

Bed bugs live in any articles of furniture, clothing, or bedding, clothing. They spread by crawling and may contaminate multiple rooms in a home or multiple dwellings apartment buildings. They may also be present in boxes. suitcases, or other goods that are moved from residence to residence or from a hotel to home. Bed bugs can live on clothing from infested homes and may be spread by a person unknowingly wearing infested clothing.

WHERE ARE BED BUGS FOUND?

Bed bugs can live in any area of the home and can reside in tiny cracks in furniture as well as on textiles and upholstered furniture. They tend to be most common in areas where people sleep and generally concentrate in beds, including mattresses, boxsprings, and bed frames. They do not infest the sleeping surfaces of beds as commonly as cracks and crevices associated with the bed frame and mattress. Otherher sites where bed bugs often reside include curtains, edges of carpet, corners inside dressers and other furniture, cracks in wallpaper (particularly near the bed), and inside the spaces of wicker furniture.

Since bed bugs can live for months or even longer under favourable conditions without feeding, they can also be found in vacant homes.

What about bed bugs in accommodation?

Since the bed bugs can arrive on the In addition to accomodation, bed clothing or in the suitcases of guests from infested homes or other accommodation harbouring the pests, accommodation can be an easy target for bed bug infestations.

bugs have been found in movie theaters, office buildings, laundries, shelters, in transportation vehicles, and other locations where people may congregate.



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"Contact an
Environmental
Health Officer at
Council on
520 7400 if you
have any further
questions"

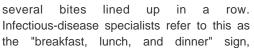
What about prevention of bed bug bites?

Avoidance of infested areas is the method for prevention of bed bites b u g Recognition of bec bug infestation and proper treatment of affected rooms (usually with the help pest-contro specialist) is the best way to prevent bed bugs spreading. Those concerned the potential about for bed bugs bites in hotels should examine hotel beds and mattresses for signs of a bed bug Sealing infestation. your mattress in bed bug prevention casing can be beneficial.

WHAT ARE THE SYMPTOMS AND SIGNS OF BED BUG BITES?

Bed bugs bite and suck blood from humans. Bed bugs are most active at night and bite any exposed areas of skin while an individual is sleeping. The face, neck, hands, and arms are common sites for bed bug bites. The bite itself is painless and is not visible. Small, flat, or

raised bumps on the skin are the most common sign; redness, swelling, and itching commonly occur. If scratched, the bite areas can become infected. A peculiarity of bed bug bites is the tendency to find



Bed bugs bite and suck blood from humans. signifying the sequential feeding that occurs Bed bugs are most active at night and bite any on a person.

Bed bug bites may go unnoticed or be mistaken for flea or mosquito bites or other types of <u>rash</u> or skin conditions, since they are

> difficult distinguish from other bites. Bed bugs also have their glands and secretions leave odours, and they also may leave dark fecal spots o n bedsheets and around their

hiding places (in crevices or protected areas around the bed or anywhere in the room).



HOW DO I DETECT A BED BUG INFESTATION IN MY HOME/ACCOMMODATION?

You can look to see if you can identify the fecal stains, egg cases, and exuviae (shed skins) in crevices and cracks on or near beds. You should also look at other areas such as under wallpaper, behind picture

frames, in couches and other furniture, in bedsprings and under mattresses, and even in articles of clothing. While fecal stains and skin casts suggest that bed bugs have been present, these do not confirm that the infestation is still active. Observing the bed bugs themselves is definitive confirmation that an area is infested. You may require professional assistance from a pest-control company in determining whether your home contains bed bugs.

HOW DO I GET RID OF BED BUGS IN THE HOME/ ACCOMMODATION?

Getting rid of bed bugs is not an easy process, if the mattress can be disinfected or must be and most cases of bed bug infestation will discarded. Since beds cannot readily be

require treatment by a pest-control expert. Bed bugs can survive for up to a year without feeding, so they may persist even in unoccupied rooms.

A variety of low-odor sprays, dusts, and



treated with insecticides, it's often necessary to discard infested mattresses and beds.

The pest-control expert may recommend certain forms of deep-cleaning such as scrubbing infested surfaces with a

aerosol insecticides can be used to eradicate stiff brush to remove eggs, dismantling bed bed bugs. These must be applied to all areas frames and furniture, filling cracks in floors, where the bugs are observed as well as walls, and moldings, encasing mattresses spaces where they may crawl or hide. The within special bags, or using a powerful pest-control company can help you determine vacuum on cracks and crevices.