



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, and 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, so they or their eggs may be present in used furniture or clothing. They spread by crawling and may contaminate multiple rooms in a home or even multiple dwellings in 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. Other 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 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.

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



“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 bug bites. Recognition of bed bug infestation and proper treatment of affected rooms (usually with the help of a pest-control specialist) is the best way to prevent bed bugs spreading. Those concerned about the potential for bed bugs bites in hotels should examine hotel beds and mattresses for signs of a bed bug infestation. Sealing your mattress in a 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 several bites lined up in a row. Infectious-disease specialists refer to this as the "breakfast, lunch, and dinner" sign,



signifying the sequential feeding that occurs on a person.

Bed bug bites may go unnoticed or be mistaken for flea or mosquito bites or other types of [rash](#) or skin conditions, since they are

difficult to distinguish from other bites. Bed bugs also have glands and their secretions may leave odours, and they also may leave dark fecal spots on 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 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



stiff brush to remove bed bugs. These must be applied to all areas where the bugs are observed as well as within special bags, or using a powerful vacuum on cracks and crevices.

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 vacuum on cracks and crevices.