

## What can I do if I have Bed Bugs?

Early detection is very important to prevent a severe infestation. If you suspect Bed Bugs you should contact your Landlord or Caseworker, they will be able to assist you with identification and follow up actions.

### Things that you can do are:

- ◆ Dispose of unnecessary items
- ◆ Dusting, especially behind objects and in gaps
- ◆ Bag all items that can be laundered
  - Hot water setting must reach 48°C / 118°F
  - If unable to launder, place items in a HOT dryer ( 48°C / 118°F), filling it up to 50% capacity for 30 minutes
- ◆ Vacuum entire area to remove live bugs and eggs
  - Dispose of vacuum content outside of home
- ◆ Steam treatments, if budget permits, kills all stages of bed bugs
- ◆ Mattress encasement can save your mattress and box spring as well as prevent from future infestation



*Thank you*  
for your help and  
cooperation

This brochure provides basic general information only and is to be used as a guide, not as a complete resource on the subject.

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# Bed Bugs

## Client and Family Information



*What you  
need to know  
to stop the itch*

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## Good night, sleep tight, Don't let the bed bugs...

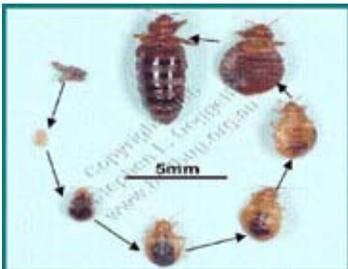
### What is a Bed Bug?

Bed bugs are blood ingesting insects, they are brown and oval in shape. These insects are flat but plump up and turn dark red after feeding. They can grow up to 6 mm in length and are visible to the naked eye.



### Life Cycle

Females can lay between 200-500 eggs within their lifetime. Eggs hatch in about 10 days. When they are ready to hatch, the eggs look like a single piece of rice. When the eggs hatch the nymphs must feed within 2 days or die. Adults can live 6-9 months but are able to lie inactive for up to a year if unable to find a food source.



### Am I at risk?

Those who are more at risk are:

- ♦ residents of multi-unit dwellings (apartments) because bed bugs may move from one unit to another by crawling along wires or plumbing and perhaps under walls
- ♦ those in group living situations (shelters, group homes) due to many people bringing in personal articles, and close living conditions
- ♦ those who bring used items into their home

### How can I prevent infestation?

Since bed bugs can hide in so many places, it is important to check items being brought into the home. It is especially important if bringing in used furniture or mattresses.

- ♦ Check items before bringing them into your home, and if possible clean thoroughly before bringing them in (see back page for tips on laundering and cleaning items)
- ♦ If moving into a new home, check for any signs of bed bugs, and recheck again at two weeks and at four weeks

### Where do they hide?

Bed bugs only come out at night to feed. During the day they can hide:

- ♦ in beds (in tufts, or seams of mattresses and even cracks in the bed frame)
- ♦ behind wall hangings, in drapery pleats and behind mirrors
- ♦ in ANY narrow space or crevice

### How do I know if they are in my home?

One of the first signs of bed bugs are their "love bites." They are capable of feeding for up to 5-10 minutes without you noticing. When they feed, their saliva contains an ingredient which hides the bite and acts as a blood thinner to prevent clotting.

Bites tend to become extremely itchy and may cause redness and irritation. It is important to remember, bed bugs DO NOT spread diseases. Infections may occur as a result from scratching.



### Other signs to look for

- Tiny rust or black coloured spots or streaks on bed sheets and mattresses.
- Eggs (when ready to hatch, the size of a piece of rice)
- Egg shells/shredded skin
- An offensive, sweet, musty odor (when infestations are severe)
- Pets scratching