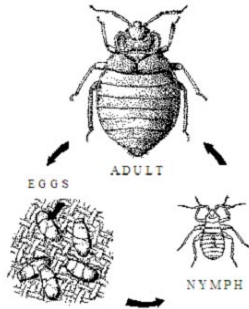


## Bed Bug Information Sheet



- **Bed bugs** *Cimex lectularius*
- Bed bugs resemble flattened apple seeds in their size, shape and colour.
- They are about ¼ to 5/8 of an inch long and are reddish brown to brown in colour.
- Bed bugs bite humans to feed on our blood.
- A bed bug feeds about once a week and can survive for **6 months to 1 year** on a single feed.
- Most people do not realize they have a bed bug infestation until they begin getting bites.
- People react differently to bed bug bites: some will develop itchy, red welts, while others show no reaction at all. How people react depends on their own sensitivity, much like allergies.

### **To successfully manage a bedbug problem you MUST:**

- Ensure you are fully prepared for both the initial treatment and the follow-up including:
  - Launder on hot settings all clothes, bedding, curtains, couch cushion and futon covers
  - Thoroughly vacuum the mattress and box spring, plus the cracks in the bed frame, dressers, nightstands, all upholstered furniture, all carpets, curtains and curtain rods, and all cracks in the floor and baseboards
  - Remove *everything* from nightstands, dressers, living room end tables and bedroom closets. Shake everything out over a garbage can
- Ensure cooperation between yourself, your management and neighbours in surrounding units (if relevant) in treatment:
  - Bed bugs are travelers and can spread unit to unit, to ensure you limit this as a possibility it is important for those around you to know.
  - A neighbouring unit may already have the problem and not react the same way you do to the bites and thus may not be aware they are having a problem.

### **To successfully manage a bedbug problem you SHOULD:**

- Regularly launder all bed coverings
- Regularly vacuum all cracks and crevices in the floors, all carpeted areas, plus the mattress, box spring and bed frame including the headboard
- Encase your mattresses and box springs with bed bug proof covers to eliminate the bugs inside, protect your bed from future infestation and eliminate pesticide use on your bed
- Seal all cracks and crevices in sleeping areas including those around baseboards, pot lights, electrical plates, door/window frames, heaters, etc.
- Eliminate clutter as much as possible, especially near all sleeping areas
- Keep beds pulled away from walls and do not let bedding touch the floor
- Place double sided tape around the legs of the bed frame