

Bedbugs: The Facts to Act



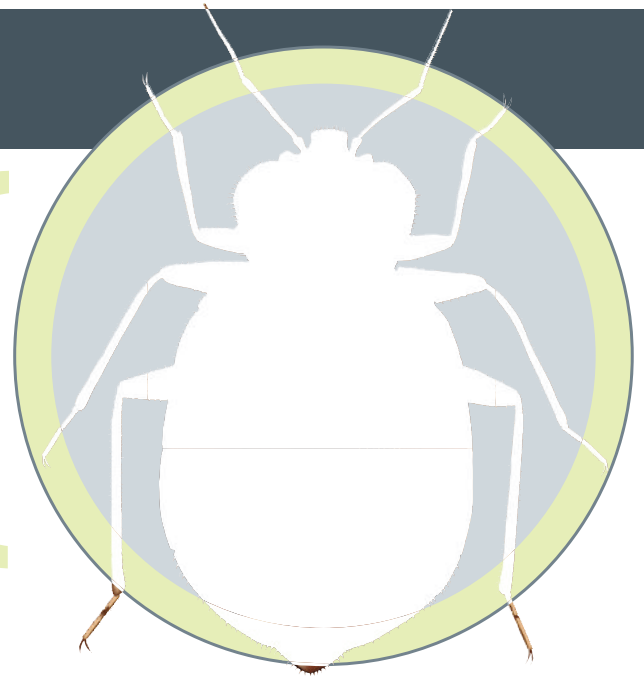
An Information Guide for Landlords
June 2011



Package Contents

1. FACT SHEET (PREVENT, IDENTIFY, ACT)
2. KEEPING RENTAL UNITS BEDBUG FREE
3. PEST CONTROL INFO
4. ONTARIO PESTICIDE LEGISLATION REGARDING BEDBUGS
5. RIGHTS AND RESPONSIBILITIES OF LANDLORDS AND TENANTS IN ONTARIO REGARDING BEDBUGS
6. WHO CAN HELP?
7. EVERYTHING YOU WANTED TO KNOW ABOUT BEDBUGS BROCHURE
8. THIS IS A BEDBUG POSTER
9. LEAVE IT AT THE CURB POSTER

In recent years Ontario and other Canadian provinces and territories have seen an increase in the number of bed bug reports. It is possible for anyone, anywhere to experience a bed bug infestation. Bed bugs are small biting insects that multiply quickly and travel easily. Bed bugs can be prevented and controlled. The sooner everyone responds, the more successful we will be at controlling this pest.



PREVENT

HOW DO I PREVENT BED BUGS FROM ENTERING MY APARTMENT OR HOME?

Although even the cleanest homes and hotels can have bed bugs, regular inspection and house cleaning, including vacuuming your mattress, can help prevent or discover an infestation in its early stages. Clean up clutter to help reduce the number of places bed bugs can hide and to make inspection easier. Seal cracks and crevices with caulking, even if you don't have bed bugs. This will help prevent bed bugs and other pests from coming entering your home or apartment.

Be careful when buying used furniture or clothes. Make sure to inspect the used item, and feel free to ask if the items were checked for bed bugs. Never bring discarded bed frames, mattresses, box springs, upholstered furniture or electronics into your home. These items may be infested with bed bugs.

HOW DO I KEEP FROM BRINGING THEM HOME WHEN I TRAVEL?

When travelling, inspect the room and furniture and look for blood spots, droppings or live insects. Request a different room if you find evidence of bed bugs. Inspect luggage when you return home, preferably before you bring your luggage into the house, and wash clothing in the hottest water possible followed by 30 minutes in a hot dryer immediately after returning from a trip.

IDENTIFY

WHAT ARE BED BUGS?

Bed bugs are insects with oval-shaped bodies and no wings. Bed bugs usually bite at night and will bite all over, especially around the face, neck, upper torso, arms and hands. There are currently no known cases of infectious disease transmitted to people by bed bug bites.

HOW CAN I FIND THEM?

Use a bright flashlight to look for bed bugs or their dark droppings in bedroom furniture, windows and doorframes. Or use a hot hair dryer, a thin knife or an old playing card to force them out of hiding spaces and cracks.



Check:

- behind your headboard and around cracks and crevices of your bed.
- in the seams and tufts of your mattress.
- inside the box spring and along the bed frame.
- along bedroom baseboard cracks.
- in and around nightstands.
- other bedroom items, including window and door casings, pictures, mouldings, nearby furniture, loose wallpaper, cracks in plaster and partitions and clutter.



WHAT DOES A BED BUG BITE FEEL AND LOOK LIKE?

Most bed bug bites are initially painless, but could turn into large, itchy skin welts. Some people have no reaction at all. Most bed bug bites eventually go away by themselves and don't need treatment.

ACT

WHAT CAN I DO IF I HAVE BED BUGS IN MY APARTMENT OR HOME?

Consult with your landlord, building manager, local Public Health Unit or a pest control professional to confirm that you have bed bugs.

Use a nozzle attachment on the vacuum to remove live adult bed bugs and immature bed bugs (called nymphs) and their eggs.

Vacuum all crevices on your mattress, bed frame, baseboards and any objects close to the bed. It is essential to vacuum daily and empty the vacuum bag immediately or seal it and place it in the freezer for several days. Wash all your clothing, bed sheets, blankets, mattress pads, pillows and their cases in the hottest water possible and place them in a hot dryer for 30 minutes. Consider covering your pillows and mattress with a plastic cover.

Remove all unnecessary clutter. Seal cracks and crevices between baseboards, on wood bed frames, floors and walls with caulking.

Repair or remove peeling wallpaper, tighten loose light switch covers, and seal any openings where pipes, wires or other utilities come into your home (pay special attention to walls that are shared between apartments). Dispose of infested items that cannot be cleaned and get rid of clutter. Seal all items tightly in a plastic garbage bag and discard in a clearly labelled outside container.

SHOULD I USE A PEST CONTROL COMPANY?

Bed bug control requires an integrated pest management (IPM) approach that includes proper preparation and inspection, identification and housekeeping. This will ensure the risk of pesticide exposure is minimized, the environment is protected, and the effectiveness of the treatment is maximized.

Getting rid of bed bug infestations usually requires the use of pesticides. Only professionals should apply pesticides for bed bugs.

Foggers and bug bombs are not effective against them. There are many licensed pest control companies in Ontario who have the proper training and experience to manage a bed bug infestation. To find a licensed company near you go to:

www.spmao.ca

www.pestworld.org

Keeping Rental Units Bedbug Free!

Bedbugs can happen to anyone regardless of how clean you or your tenants are, where you live and rent property or who you rent property too. Bedbugs are 'hitchhikers' and can be picked up and brought into the home from many different places. Precautions must be taken to prevent bedbugs from entering your home or rental property.

Preventing Bedbugs from Entering the Rental Units

What a Tenant Can Do

- Eliminate excess clutter to help reduce the number of places bedbugs can hide
- Clean house or apartment regularly including vacuuming the mattress and furniture
- Perform regular inspections for bedbugs and other pests
- Make sure to closely inspect any used clothing or furniture before bringing it into the home
- Never bring discarded items such as bed frames, mattresses, box springs, upholstered furniture or electronics into the home as they may be infested with bedbugs
- Contact the landlord immediately if a bedbug infestation is suspected

Avoiding Bedbugs While Traveling

- Inspect the hotel/motel room and furniture for signs of bedbugs; blood spots, droppings or live insects
- Request a different room if evidence of bedbugs is found
- After returning home, inspect luggage before bringing it into the home
- Immediately upon return, wash clothing in the hottest water possible followed by 30 minutes in a hot dryer

What a Landlord Can Do

- Seal cracks and crevices between baseboards, on wood bed frames, floors and walls with caulking to prevent bedbugs from entering or to eliminate places where they can hide
- Repair or remove peeling wallpaper, tighten loose light switch covers and seal any openings where pipes, wires or other utilities come into the rental property
- Visit www.bedbugsinfo.ca or www.hamilton.ca/bedbugs for more information on how to prevent, identify and treat bedbugs so that you are informed and well prepared should bedbugs become a problem in your home or rental property
- Share bedbug information, knowledge and resources with neighbors, friends, tenants and colleagues

FACT SHEET:

HOW TO HIRE, WORK WITH AND PREPARE FOR A PEST CONTROL COMPANY

The accepted best way to deal with bed bug infestations is Integrated Pest Management (IPM). IPM combines a variety of techniques and products that pose the least risk to human health and the environment.

After careful assessment by you or your landlord, a professional pest control service may be called in to apply pesticide spray or steam treatment.

Only licensed pest control companies should apply pesticides for bed bugs. Foggers and bug bombs are not effective against them.

Choose the right company. Be clear about what you want done and make sure they do a good job. Controlling bed bugs may take several treatments. Make sure that the company you hire has a committed treatment plan.

CHOOSING AND WORKING WITH A PEST CONTROL COMPANY

In Ontario pest control companies are licensed. You can find a local licensed company through either the National Pest Management Association or the Structural Pest Management Association of Ontario at:

www.spmao.ca

www.pestworld.org

- The proposed work should follow all of the principles of Integrated Pest Management, not just pesticide application.
- The pest control company should be straightforward and open when discussing details of the service provided.
- Understand what guarantees are being offered. Bed bug management may be difficult to guarantee, because re-infestation from an outside source is possible. It may require several treatments to control the infestation.

HOW DO I KNOW IF THEY ARE A GOOD COMPANY?

Always deal with a qualified and licensed pest management company. Consider asking to see their license. A good company should:

- Be a member of a professional organization, such as the National Pest Management Association, Canadian Pest Management Association, Structural Pest Management Association of Ontario or Ontario Integrated Pest Management Association
- Have experience with bed bug management.
- Inspect your property before giving you a price quote or begin any pesticide application.
- Give you a written inspection report, and an action plan of how to prepare for treatment and prevent further infestation.
- Base quotes on inspection findings. The cheapest services are rarely the best.
- Visit often until the job is done.
- Employ qualified, well-trained pest management professionals.
- Educate you on how to prevent bed bugs.
- Work with you until the bed bugs are gone.
- Treat you with respect.

WHAT SHOULD I ASK THE PEST CONTROL PROFESSIONAL?

WHEN YOU SPEAK TO THE PROFESSIONAL ASK THEM TO:

- Tell you when it's safe to re-enter a treated room.
- Never spray the top of mattresses or sofas, and if needed, to use only small amounts of pesticides on the seams only.
- Use vacuum, cleaning, steaming and other mechanical approaches to remove and kill bed bugs and their eggs.
- If pets or children are present, manage the use of pesticides accordingly.
- Work with you until the problem has been controlled.
- Notify your landlord to inspect adjacent apartments for bed bugs.
- Agree on a service treatment plan and pricing structure.
- Clearly explain what you and the company are each responsible for. If repairs are not part of the service agreement, then the company should provide you with a list of repairs you need to do to solve the problem.
- Walk around your home with you during each visit and explain the work being done.
- Point out any conditions that contribute to bed bugs in or near your property, and provide a written inspection report.

Remember to do your part, and follow up on the company's recommendations.

WHAT DO I NEED TO DO BEFORE PESTICIDE TREATMENT?

Before the pesticide treatment begins, all occupants, including pets, must leave the unit and not enter for a minimum of 3 - 4 hours after the technician leaves. Aquariums may remain in place as long as the filtrations and aeration systems are turned off for six hours and the tank is adequately covered. Anyone who is pregnant or has allergies or asthma should take the necessary precautions.

BEFORE TREATMENT:

- All clutter should be removed from the unit.
- If possible, steam clean, wet vacuum or shampoo any carpeting and furnishings.
- Vacuum mattresses thoroughly including the crevices, handles and buttons.
- Vacuum bed frame, baseboards and objects/flooring close to bed.
- Discard the vacuum bag (placed in tightly sealed garbage bag before disposal).
- Remove all clothing from dressers and place in clean plastic bags or plastic totes.
- Bookshelves, nightstands or other furniture in the immediate area must be emptied so that the technician can spray the undersides of the furniture.
- Place all items in tightly sealed garbage bags and leave them in the room to be treated.

LAUNDERING

All clothing items should be placed in garbage bags, sealed and emptied directly into the washing machine. Your clean laundry should be placed in new clear garbage bags and sealed during the treatment process. The garbage bags used for transporting clothing articles to the laundry room should be discarded outside the premise as they may contain bed bugs.

For severe infestations, water soluble bags should be used if possible to collect sheets and clothing and put directly into the wash. It is important to launder items using hot water, as cold water will not kill bed bugs or their eggs. All clean clothes should be put in the dryer on high for a minimum of 30 minutes. Some clothing may require dry cleaning.

BEDS

All bedding must be removed before the pest control technician arrives. Soiled bedding should be washed in hot water (separate from all other laundry) or dry cleaned before or soon after the treatment to avoid resurgence of bed bugs. Pillows should also be placed in the dryer on high heat for a minimum of 30 minutes. After treatment, bed skirts should be avoided; bedding tucked in tightly; and the bed kept a few inches away from the wall.

BABY CRIBS

All linen should be laundered. All toys should be washed in soapy hot water and stuffed toys should be placed in dryer on high heat for a minimum of 30 minutes.

DRESSERS AND NIGHT TABLES

All contents of dressers are to be placed in garbage bags to be transported. Next place them in the dryer cycle on hot for a minimum of 30 minutes. All articles on top of dresser are to be removed and placed in plastic bags or plastic totes. Bookshelves, nightstands or other furniture in the immediate area must be emptied so that the technician can spray the undersides of the furniture. Furniture and items should be moved at least 30 cm (12 inches) away from the walls to facilitate spraying of the baseboards. Shelving and drawers should be clean.

CLOSETS

All closets including linen closets are to be emptied. Clean articles should be placed in the dryer on high heat for a minimum of 30 minutes. All soiled articles need to be washed in hot water and then dried in high heat. Laundromat dryers may have lower heat settings so the full cycle should be used.

SOFAS AND CHAIRS

All chair covers, throws and pillows must be laundered prior to treatment.

DISPOSAL OF FURNITURE

Discarding beds, bedding, and furniture is NOT a sound approach to bed bug control as they can be easily re-infested. Furniture that is infested with bed bugs that cannot be salvaged needs to be disposed of in a manner that will prevent the further spread of bed bugs.

If you decide to throw out bed bug infested furniture:

- Take apart, deface or damage the piece of furniture to ensure it cannot be reused.
- Mattresses should be slashed or otherwise damaged to make it unusable and wrapped.
- Wrap the furniture in plastic so bed bugs cannot escape. This should be done in the unit before the mattress is removed.
- Mark your furniture with clear warnings and put in trash shortly before pick-up, so it doesn't sit for a long time.

Ontario Pesticide Legislation Regarding Bedbugs

An Integrated Pest Management (IPM) Program is the most effective practice for eliminating bedbugs and it is recommended that all landlords and building managers have an IPM program in place. IPM combines a variety of techniques to eliminate bedbugs. There is no single tool or IPM activity that when used alone, will manage bedbugs, including the use of registered and classified pesticides. It is recommended that pesticides should be used by a licensed exterminator who is familiar with bedbug behaviour and uses the appropriate pesticides according to label directions.

Laws Regarding Pesticide Use for Bedbugs

- A pesticide product must be both registered under the federal *Pest Control Products Act* (administered by Health Canada's Pest Management Regulatory Agency (PMRA)) and classified by the Ministry of the Environment (MOE) under the *Pesticides Act* and Ontario Regulation 63/09 for legal sale and use in Ontario¹.
- Domestic pesticides labeled for the management of bedbugs are in Class 5, 6 and 7 and can be used by a Structural licensed exterminator or by a person in his or her premises or by that persons full time employee to manage bedbugs
- In the case of a tenanted apartment suite or rental unit within the meaning of the *Residential Tenancies Act, 2006*, only the person who occupies the premises can use a Class 5, 6, or 7 product to manage bedbugs without requiring a Structural exterminator license unless exempt under Ontario Regulation 63/09².
- An apartment building owner or superintendent (who does not have a Structural exterminator license is only permitted to use a Class 5, 6 or 7 product in common areas or un-rented units unless exempt under Ontario Regulation 63/09².
- Landlords and building management need to remind residents not to attempt to use pesticides but to contact the landlord and follow an IPM program.
- The use of homemade pesticides is illegal for managing bedbugs. Homemade pesticides have not undergone PMRA's evaluation and registration process so there is no way of knowing whether they will work as planned and they may pose a risk to people, pets and the indoor environment.

¹ A guide to determining which products are legal for sale and use in Ontario is available in Appendix 3, page 29, of an *Integrated Pest Management Program for Managing Bed Bugs*, available for download at www.bedbugsinfo.ca

² An exemption is provided in Ontario Regulation 63/09 for the use of a Class 5 or 6 products that contain only diatomaceous earth labeled for the management of bedbugs. These products can be used by any person, including an apartment building owner or superintendent if permission of entry in accordance with the *Residential Tenancies Act* is provided by the tenant, without the need of an Operator license or a Structural exterminator license.

Types of Pesticides Available for Management of Bedbugs

Only a few types of pesticides are available for use to manage bedbugs. They come in different formulations (liquid, aerosol, dust, foam) but many have the same mode of action as nerve poisons. Some low-risk products (e.g. diatomaceous earth) result in desiccation and foam formulations can suffocate bedbugs.

1. Liquid insecticides are used for spot treatment of mouldings, carpet edges, cracks and crevices, etc.
2. Aerosol insecticides are available for treating cracks and crevices bed frames, box springs and under and inside furniture such as dressers but they tend to scatter bedbugs if used improperly
3. Dust formulations are used in cracks and crevices, inside wall voids, behind electrical outlets
4. Foam formulations are used on a multitude of surfaces, wall voids, cracks and crevices

Precautions if Using Pesticides

The incorrect use of pesticides for bedbugs poses several risks;

- Overexposure to pesticides can cause or aggravate already existing health issues
- Children are more susceptible to toxic effects of pesticides than adults
- Treating areas such as the mattress, bedding or other surfaces where people sleep may result in more pesticide exposure
- Use pesticides according to label directions and do not use illegal pesticide products. If bedbugs are not specifically listed on the product label do not use this pesticide to manage bedbugs
- Bedbugs can develop resistance to pesticides used against them allowing them to survive pesticide treatment
- 'Bug bombs' and 'total release foggers' do not kill most bedbugs and can cause bedbugs to scatter resulting in their spread into adjacent rooms
- Inappropriate use of pesticides can make a bedbug problem worse. It is recommended that pesticides only be applied by a licensed pest control professional

Proper Disposal of Empty Containers and Unwanted Pesticides

- **Empty domestic pesticide** containers can be **wrapped in newspaper** and disposed of with other **household garbage**.
- **Empty Commercial pesticide** containers should be taken to a **pesticide container depot**.
- **Leftover pesticides** should **not** be poured down a drain as it could be harmful to public health and the environment. **Waste or unwanted Domestic pesticides** should be **taken to a designated municipal household waste site**. To find the closest waste collection location, contact your municipality or visit the Ministry of the Environment's Do What You Can web site. Be sure to review the list of materials collected at specific sites or call ahead to confirm if pesticides waste is accepted. **Commercial pesticides** can be **disposed** using the services of a **licensed waste hauler**.
- If you have questions or suspect unlawful use of pesticides, please contact your local Ministry of the Environment district office during regular office hours or call the Ministry of the Environments Pollution Hotline at 1-866-MOE-TIPS if you need advice after hours.

* All of the information provided on this fact sheet came directly from information developed by the Government of Ontario. For more details about correct pesticide use and for a complete guide to bedbug control download ***An Integrated Pest Management Program for Managing Bed Bugs*** from www.bedbugsinfo.ca

Rights and Responsibilities of Landlords and Tenants in Ontario Regarding Bedbugs

Effective bedbug control and prevention requires the cooperation of both the landlord and tenant.

Landlord Rights

Residential Tenancies Act (RTA)

Section 20

- The Landlord is responsible for maintaining the rental units, lobbies, hallways, stairwells and laundry facilities in a good state of repair
- The Landlord must ensure that their building(s) comply with health and safety standards set by Hamilton and the province
- The Landlord must ensure that their building(s) are fit for habitation
- The Landlord is responsible for the cost of building maintenance

Section 22

- The landlord cannot interfere with the reasonable enjoyment of the rental dwelling or building

By-Law no 10-221 in Hamilton (property standards by-law)

- Every dwelling must be kept free of infestation by pests

Landlord Responsibilities

- Encourage tenants to report bedbugs as soon as they know of a problem (unreported and uncontrolled bedbugs will spread quickly)
- Respond quickly to tenant complaints
- Inspect rental units suspected of having an infestation as well as units adjacent to, above and below apartments found to have bedbugs between 8:00 am and 8:00 pm after giving tenants written notice 24 hours ahead of time
- Keep record of bedbug complaints
- Hire and pay for pest control treatment services by a licensed pest control professional
- Inform tenants about how they should prepare their unit for bedbug treatment
- Give advanced notice to tenants when a pest control professional will be entering a unit to treat for bedbugs and inform the tenant of any planned use of pesticides
- Inspect all units upon vacancy to ensure they have no bedbugs or other pests before renting
- If a tenant does not cooperate with efforts to control an infestation, landlords can contact the Landlord and Tenant Board for assistance at 1-888-332-3234 or visit www.ltb.gov.on.ca

Tenant Rights

Residential Tenancies Act (RTA)

Section 33

- The Tenant is responsible for keeping their rental unit maintained and clean-keeping unnecessary clutter to a minimum is important for preventing bedbugs

Section 36

- The Tenant must not interfere with a Landlord's effort to maintain the rental unit and building

Tenant Responsibilities

- Inspect all second-hand furniture, clothing and bedding for bedbugs before bringing it home
- Know the signs of bedbugs and check living space for them frequently
- As soon as a bedbug problem is suspected, inform landlord immediately
- Cooperate with the landlord's efforts to control and prevent bedbugs even if you do not have a bedbug infestation
- Properly prepare unit for bedbug treatment according to landlord instructions which may include; clearing out shelves, laundering clothes and bedding, moving furniture away from walls and removing clutter
- Continue to communicate and work with the landlord following treatment and make sure to prepare their unit if additional treatments are required
- If a landlord refuses to help when notified of a bedbug problem, tenants may obtain assistance or advice from the Landlord and Tenant Board at 1-888-332-3234 or from Hamilton Public Health Services at 905-546-3570

* It is suggested that Landlords request that new tenants report if they are moving from a bedbug infested premises and for Landlords who have previously had a bedbug infestation to report this to new tenants. However, privacy and liability issues need to be considered and **reporting a previous infestation** is voluntary **not mandatory**.

Who Can Help?

Hamilton Public Health Services

The City of Hamilton has a customer service hotline that can answer questions about getting rid of bedbugs (905) 546-2489 (CITY). By calling the hotline, you can also arrange to speak with a Public Health Inspector to assist you in identifying bedbugs and to get recommendations for pest control. Through this hotline, you can also request more brochures and posters for your building(s). For additional information and links to bedbug information visit the website at www.hamilton.ca/bedbugs.

Government of Ontario

The government of Ontario has developed a website containing fact sheets and brochures about bedbug prevention, identification and action as well as a complete integrated pest management program guide. These resources can be obtained at bedbugsinfo.ca in many different languages.

Legal Clinics

The landlord and tenant board can assist with disputes that may arise over bedbugs between landlords and tenants. Visit the website at www.ltb.gov.on.ca or call toll free 1-888-332-3234.

Unit Preparation

Good Shephard Works offers a fee-for-service program that can help tenants with unit preparation prior to pesticide treatment. For questions call (905) 523-6479 or visit the website at <http://www.goodshepherdcentres.ca/Programs/gsworks.htm>.

If your tenants are receiving **Ontario Works** or are in the **Ontario Disability Support Program** they may qualify for Community Start Up Benefits to help pay for the cost of preparation services or pest control treatment. Please have them speak with their Ontario Works or Ontario Disability Support Program worker to find out if they qualify.

Pest Control Treatment Companies

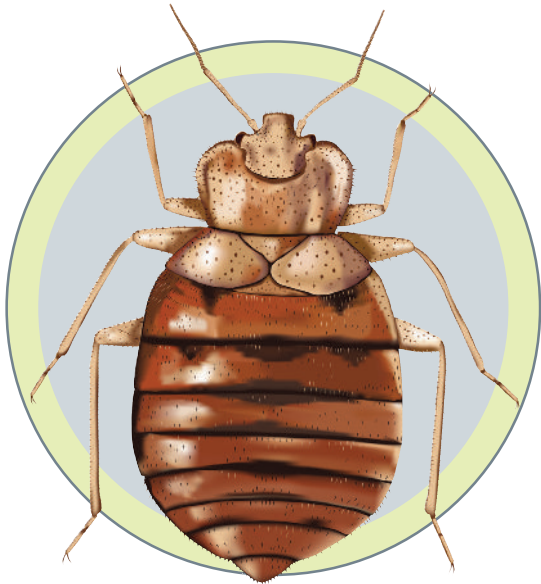
To find a licensed Pest Control Treatment Company that meets the treatment standards set by the Structural Pest Management Association of Ontario.

Contact:

Structural Pest Management Association of Ontario	National Pest Management Association
www.spmo.ca	www.pestworld.org
(800) 461-6722	(703) 352-6762

Additional Help For Your Tenants

The Housing Help Centre Hamilton can provide tenants with additional information on bedbugs. Tenants' can access brochures on bedbugs and locations to find affordable household goods and furniture should they need to be replaced at <http://www.housinghelpcentre.ca/> or call (905) 526-9119.



What are bed bugs?

Bed bugs are small insects (about the size of an apple seed) with oval-shaped bodies and no wings. They usually come out and bite at night. It is possible for anyone, anywhere to experience a bed bug infestation, but they can be prevented and controlled.

bedbugsinfo.ca

How do I find a pest control company?

Getting rid of bed bugs requires pesticides and other treatments that should only be used by professionals. There are many licensed pest control companies in Ontario who have the training and experience to manage a bed bug infestation. To find a licensed company near you visit www.spmao.ca or www.pestworld.org



Catalogue No. 015702 Mar/11 ISBN: 978-1-4435-6459-5 (PDF) © Queen's Printer for Ontario

How to find bed bugs and control them.
bedbugsinfo.ca

EVERYTHING YOU WANTED TO KNOW ABOUT BED BUGS.



bedbugsinfo.ca

PREVENT

How to I stop bed bugs from entering my home?

Even the cleanest homes can get bed bugs, but regular inspection and cleaning can help you prevent an infestation. To prevent bed bugs from coming into your home you should:

- Vacuum your mattress often
- Clean up clutter
- Seal cracks and crevices with caulking
- Inspect used furniture or clothes before buying
- Never bring discarded bed frames, mattresses, box springs, upholstered furniture or electronics into your home
- Inspect your luggage and its contents when you return from a trip



MYTH 1

IT'S TOO COLD FOR BED BUGS IN CANADA.

Bed bugs survive all over Canada, even with our cold winters.

IDENTIFY

How can I find bed bugs?

Use a flashlight to look for bed bugs and their droppings. Or use a hot hair dryer, thin knife or playing card to force them out of hiding spaces and cracks. Check in the seams of your mattress, inside your box spring and along your bed frame. Also look in cracks and crevices in and around your bed and check surrounding furniture and baseboards.

What does a bed bug bite feel and look like?

Some people have no reaction at all. But for some people they can turn into itchy welts. Often bed bug bites appear as a group of three, which people sometimes call “breakfast, lunch, and dinner”. They usually go away by themselves and don’t need treatment. Although bed bugs and their bites are a nuisance, they are not known to spread disease in humans.



MYTH 2

YOU CAN'T SEE BED BUGS.

It's easy to spot adult bed bugs. They're about the size and shape of an apple seed and a reddish brown colour.

ACT

What can I do if I have bed bugs?

If you find bed bugs, talk to your landlord, building manger, local Public Health Unit or a pest control professional. You should also:

- Vacuum your mattress, bed frame, baseboards and anything else around your bed every day
- Wash your clothing, bed sheets, blankets, mattress pads and pillows in hot water and dry them on high heat for 30 minutes
- Remove unnecessary clutter
- Seal cracks in bed frames, floors, walls and between baseboards
- Repair or remove peeling wallpaper
- Tighten loose light switch covers
- Seal openings where pipes, wires or other utilities come into your home
- Carefully bag, label and dispose of infested items that can't be cleaned



MYTH 3

YOU CAN GET RID OF BED BUGS BY THROWING OUT YOUR BED.

They're called bed bugs but they don't just live in your bed. They can live in almost any dark crack or crevice in your home.

THIS IS A BED BUG.



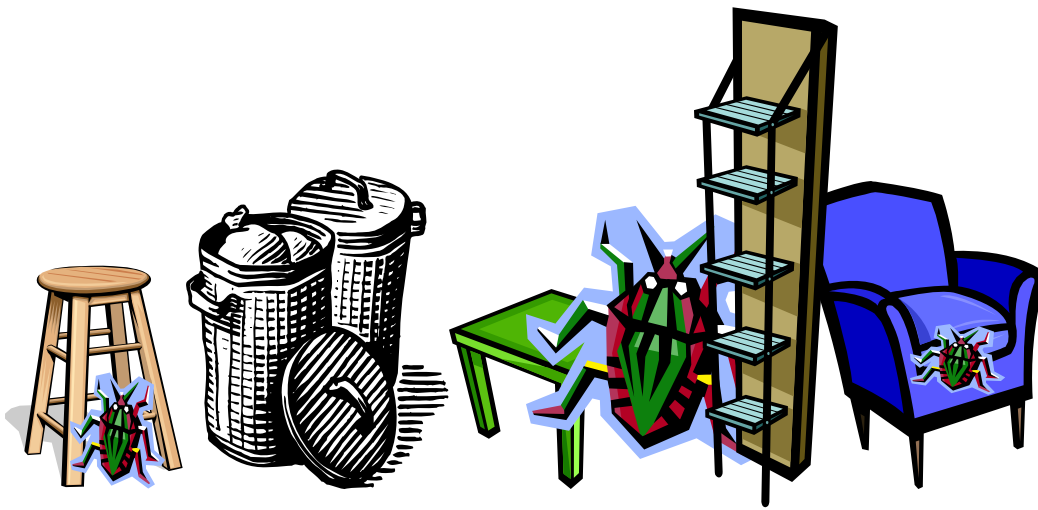
ACTUAL SIZE.

Tiny bed bugs can cause big problems.

Find out how at bedbugsinfo.ca

BED BUGS CAN HAPPEN TO ANYONE.

Sometimes the treasures
you find on the street can
have a ***dark side.....***



*Please help stop the spread of
bed bugs*

Do not bring stuff from the
street into your room !!!!

“Leave it at the Curb!!”