

HOW DO I KNOW I HAVE BED BUGS IN MY HOME?

- Multiple bites (red welts) on your body that look like mosquito bites and are very itchy.
- Blood spotting or small dark spots on a mattress.
- Bed bug eggs, skin sheddings or dead bed bugs:
 - Bed bug eggs are white and about 1mm long, but very difficult to see on most surfaces.
 - Bed bugs can shed their skin and usually leave it inside your mattress or box spring, or your linens.
- Infestations can have an unpleasant, sweet, musty smell.

HOW TO AVOID GETTING BED BUGS

- **Vacuum often**
Be sure to vacuum your unit frequently, especially your bed and the area around your bed.
- **De-Clutter**
There are many places for bed bugs to hide in clutter, and they can easily relocate without being seen. It is impossible to treat bed bugs that are hiding.
- **Leave unwanted furniture alone**
DO NOT bring old furniture into your unit that is sitting by the road or dumpster. It could be infested with bed bugs!
- **Be travel savvy**
Inspect mattresses and headboards of hotel rooms, and do not put your suitcase on the bed. Do not bring your pillow from home, and vacuum travel bags and suitcases when you get home.
- **Talk to your neighbours**
Communication can play a big role in preven-

HOW CAN I TREAT BED BUG BITES?

1. Keep the bite clean. Wash with antibacterial soap and apply antibacterial cream.
2. Try not to scratch bites. Applying antibacterial cream will reduce the risk of infection from too much scratching.
3. Apply an ice pack often to relieve swelling.
4. See your doctor if the bite becomes infected or you have a severe allergic reaction.



Bed bug bite welts on a leg.

WHAT TO DO IF BED BUGS ARE FOUND

If you find evidence of or think you may have bed bugs in your unit, contact your site supervisor. Wood Buffalo Housing & Development Corporation will arrange for a pest control technician to inspect your unit. Do not wait to report a bed bug problem....it will only get worse if it is ignored. If an infestation is confirmed we will arrange treatment by a pest control technician and advise you about how to prepare the unit for treatment.

It is very important that tenants closely follow the treatment instructions. This will help to ensure the problem is eliminated.

WHAT YOU NEED TO KNOW ABOUT



Wood Buffalo Housing & Development Corporation



BED BUGS

BED BUGS ARE EVERYONE'S RESPONSIBILITY!

Until recently bed bugs were believed to be mostly eradicated through the use of strong chemicals. Due to health risks these chemicals have been banned. This, combined with more international travel and insects becoming resistant to other chemicals, has resulted in bed bugs becoming a problem.

QUICK BED BUG FACTS

- Oval, reddish brown parasites that are the size of an apple seed.
- The female bed bug can lay two or four eggs per day, and eggs usually hatch in six to 17 days.
- Bed bugs “bite” or feed on the blood of humans.
- Bites initially appear as white bumps but quickly change to itchy, red welts—similar to a mosquito bite.
- Bed bugs can live up to 18 months without feeding, and can travel long distances to get a blood meal.
- Bed bugs cannot fly or jump. These bugs often “hitchhike” on or in clothing, luggage, knapsacks, computer bags, purses and especially on or in used items found at second hand stores, bought online or at yard sales. It is very important for tenants to inspect all furniture, bedding, couches and chairs for signs of bed bugs. Carefully inspect all new or used items for signs of bed bugs *before* bringing them into your home.

COMMON BED BUG MYTHS AND FACTS:

Myth: Bed bugs are too small to see.

Fact: Although bed bugs like to hide, they are the size of an apple seed and can be seen by the naked eye.

Myth: Only poor and dirty people get bed bugs.

Fact: Bed bugs can be found in five-star hotels, motels, dormitories, apartments, condos, private homes and even in some public places, such as businesses and offices. Anyone can get bed bugs!

Myth: Bed bugs only live in the bedroom

Fact: Bed bugs are often found in the bedroom, but they can also move into furniture, fabrics or cracks in the walls and floors, as infestations become worse.

Myth: If I move I will get rid of the bed bugs.

Fact: Bed bugs can crawl into anything, so it is likely you will transport a bug or egg with you into a new home. Treatment is your best defense against bed bugs.

Myth: If I throw away my bed, I will get rid of the bed bugs.

Fact: Bed bugs can live and hide in ANY dark space—not just in beds, please call your site office and we will have a pest control technician advise you if your mattress needs to be thrown away. Throwing away infested furniture without properly bagging and sealing it will only spread an infestation to other areas of the property.

IDENTIFYING BED BUGS



Above, the size of a bed bug compared to a thumb.

WHAT TO LOOK FOR AND WHERE TO LOOK

The first place to check is mattresses and bedding. Check for tiny blood stains or brownish stains on sheets, pillow cases, blankets and mattress. The brownish stains are fecal matter, the red is the blood. The bugs may also be visible. If small white objects are found they may be bed bug eggs.

The furniture in the bedrooms need to be checked too; dressers, night stands, bed frames and headboards, along baseboards, behind pictures and in carpets. Look carefully at any and all cracks and crevices because this is where they hide. Also check curtains, electrical outlets and switches. Don't forget to check the living room too; couches, chairs, tables, computer desks etc. are easy spots for bed bugs to hide.



A mattress infested with bed bugs