



## What are bed bugs?

Bed bugs are small insects (about the size of an apple seed) with a flat, oval-shaped body and no wings. They range in colour from reddish-brown to dark brown. They usually hide in cracks and crevices during the day and come out at night. They can infest mattresses, furniture, and other items in homes, hotels, and other places where people stay.

## How do I find a pest control company?

Infestations can be challenging to get rid of and often require professional pest control services. 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](http://www.spmao.ca) or [www.pestworld.org](http://www.pestworld.org)



# Everything you wanted to know about Bed Bugs



HEALTH  
DEPARTMENT

Durham Health Connection Line  
1-800-841-2729

[durham.ca/bedbugs](http://durham.ca/bedbugs)



If you require this information in an accessible format,  
contact 1-800-841-2729.

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# PREVENT

## FACT 1

Bed bugs can live for several months without a blood meal.



## How do I stop bed bugs from entering my home?

Regular inspection and cleaning can help you prevent an infestation. To prevent bed bugs from coming into your home you should:

- Regularly vacuum and clean bedding, furniture, and floors
- Encase mattresses and box springs with bed bug-proof covers
- Reduce clutter in your home to minimize hiding spots
- Be cautious when using shared laundry facilities, ensure clothes are thoroughly dried on high heat
- 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

# IDENTIFY

## How can I find bed bugs?

Start by inspecting your mattress, bed frame, and nearby furniture. Look for small reddish-brown bugs, tiny eggs, or dark spots which could be their fecal matter. Also, check seams, crevices, and corners thoroughly as they like to hide in these areas. Inspect any loose wallpaper or wall hangings, electrical outlets and switches, baseboards and carpet edges. Using a flashlight can help illuminate their hiding spots.

## What does a bed bug bite feel and look like?

A bed bug bite may feel itchy, like a mosquito bite. Some people have no reaction at all, while others may develop red, swollen welts. They may be arranged in clusters or lines. Reactions vary and may take a few days for symptoms to appear. Consult a healthcare professional if you experience severe reactions. Although bed bugs and their bites are a nuisance, they are not known to spread disease in humans.

## FACT 2

Bed bugs can lay 5 eggs a day. Eggs look like small grains of rice. That's hundreds of eggs in the lifespan of a bed bug.



# ACT



## FACT 3

Bed bugs die almost instantaneously at 50°C (122°F). Drying clothing and bed linens on high heat is very effective.

## What can I do if I have bed bugs?

- Thoroughly clean and declutter all your living and sleeping areas
- Vacuum carpets, mattresses, furniture, and any cracks or crevices. Dispose the vacuum collection into a plastic bag immediately.
- Wash your clothing, bed sheets, blankets, mattress pads and pillows in hot water and dry them on high heat for 30 minutes
- Use mattress and box spring bed bug-proof encasements
- 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
- If using insecticides, always follow label instructions carefully
- Obtain professional help – hire a licensed pest control professional.
- If you are a tenant, contact your landlord immediately. See back of pamphlet for more information on hiring a pest control company.