



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



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

EVERYTHING YOU WANTED TO KNOW ABOUT BED BUGS.



bedbugsinfo.ca

PREVENT

How do 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 manager, 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.