

BED BUGS

CIMEX LECTULARIUS LINNEAUS



In recent years, Quebec & Ontario have seen a rise in reports of bed bug activity. **Anyone; Anywhere; Anytime** can experience an infestation of these small biting insects as they are easily transported and multiply quickly. Bed bugs can be controlled! The sooner everyone responds, the more successful we will be at controlling this pest.



PREVENTION

CAN I PREVENT BED BUGS?

Even the cleanest hotels, homes and commercial settings can have bed bugs! Regular house cleaning, including vacuuming furniture, behind bookshelves and night stands, can help prevent an infestation and discover activity in its early stages. Reducing clutter and eliminating stored items under bed will reduce the number of places bed bugs can hide and breed. This will also make regular inspection easier! Sealing cracks and crevices with caulking, around baseboards, electrical outlets or any other gap, before you have bed bugs, will stop bedbugs from hiding in areas which can not be inspected. **EXTREME CAUTION** should be taken when buying used furniture, clothing and even electronics. **NEVER TAKE FURNITURE FROM THE GARBAGE!** Be sure to inspect used items, and ask if the items have ever been affected by bed bugs.



INSPECTION

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

HOW DO I PROTECT MYSELF WHEN TRAVELING?

When travelling, always inspect your hotel room's beds and furniture, prior to bringing in your luggage! Look for blood spots, droppings or the bug itself, particularly around tufts of mattress and under bed skirts. If you find evidence of bed bugs, report the problem to hotel staff and request a new room. Activity in one room does not mean all rooms are infested, but be sure to inspect new room as well. Always use luggage rack and hang clothes, never use dresser drawers, unless on an extended stay. Inspect luggage when you return home, preferably before you bring your luggage into the house, then wash and dry on HOT setting.



IDENTIFY

WHAT ARE BED BUGS?

Bed bugs are a reddish-brown insect with an oval-shaped body and no wings. Bed bugs usually bite at night, but will adapt to your sleeping patterns. They can and will bite all over, but due their attraction to the carbon-dioxide and body heat we produce when sleeping, they typically congregate around the face, neck, upper torso, arms and hands. Currently there are no known cases of infectious disease transmitted to people by bed bug bites.

WHERE CAN I PICK UP BEDBUGS?

- Buses, Cabs, Airplanes
- Hotels, B&B, guest visits
- Movie Theatres
- Coffee Shops, Restaurants
- Libraries, Schools

In short ANYWHERE people frequent, bed bugs can be transported and left for their next victim.



HOW CAN I FIND THEM?

Despite popular belief, bed bugs and their evidence are not invisible and can easily be seen, adults resembling an apple seed. Blood spots can look like a black ink spot around the tufts of your mattress. Regular inspection of areas you frequent in your home is crucial in finding bedbugs and preventing activity from becoming an infestation.

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

First step is to confirm that you have bed bugs! Talk with your property manager, landlord, building super, or a pest control professional to confirm the presence of activity. Whenever possible, **KEEP A SAMPLE!**

Vacuum to remove live adult bed bugs, immature bed bugs (called nymphs) and their eggs. Vacuum all crevices on your mattress, bed frame, baseboards and any objects close to the bed. Daily vacuuming is essential and be sure to empty the vacuum bag immediately.

Wash all your clothing, bed sheets, blankets, pillows and their cases and place in hot dryer cycle. Consider covering your pillows and mattress with a proper cover designed for bed bug protection.

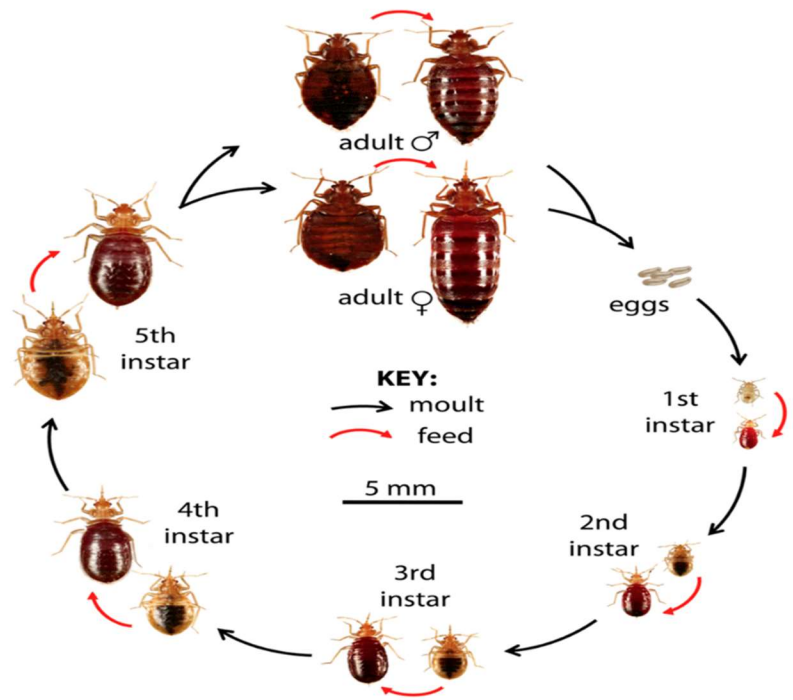
Remove all unnecessary clutter. Seal cracks and crevices, baseboards, pinch points in bed frames, floors and electrical outlets. Remove peeling wallpaper, fix loose light switch covers, and seal any openings where pipes and wires access your home.

Begin prep for treatment! Your property manager will be able to provide you with a Prep list of tasks to be performed, or consult our website, prior to treatment.



WHAT DOES A BED BUG BITE FEEL AND LOOK LIKE?

Bed bug bites are usually painless, but large, itchy skin welts can appear. Much like mosquitos, some people have no reaction at all and others show signs in various degrees. Unlike mosquitos, bed bug bites are not known to transmit disease. Most bed bug bites eventually go away without treatment, once activity is eliminated and biting has stopped.



SHOULD I USE A PEST CONTROL COMPANY?

An integrated pest management (IPM) approach which includes proper preparation, inspection, identification, housekeeping and chemical treatment are required. While chemical application is secondary to proper preparation and housekeeping, getting rid of bed bug infestations usually requires the use of pesticides. To reduce risk to environment, people and pets and maximize effects of pesticide through proper application, your local pest professionals should be contacted to schedule a treatment date.

ONLY PROFESSIONALS SHOULD APPLY PESTICIDES!

1-819-744-7424