



A BIT ABOUT BED BUGS



- Bed bugs are small, wingless insects that feed on the blood of humans. They are reddish brown in colour - about the size and shape of an apple seed or red lentil. Their eggs are whitish and about the size of a pinhead. Nymphs (baby bed bugs) are nearly colorless when they first hatch and become brownish as they mature.
 - Bed bugs love everyone. They do not discriminate and are an equal-opportunity pest. Bed bugs can infest any home, anywhere.
- Having bed bugs is NOT a reflection on:
- who you are
 - how clean you are
 - how smart you are
 - your level of income
 - your age
 - or anything else about you
- Bedbugs are attracted to warmth, moisture, and the carbon dioxide released that we exhale. They can detect carbon dioxide from about six feet away from the source. They typically hide in cracks and crevices near to where you sleep.
 - Bed bugs crawl slowly but cannot jump or fly. They can travel by hitchhiking on items such as clothing, luggage, backpacks and furniture. In a building, bed bugs can move between apartments following pipes, air vents, electrical wiring and other openings.



- Bed bugs are not known to spread disease. Bed bug bites look like a mosquito bite and can be very itchy, but not everyone reacts to their bites. If you do get bitten, try not to scratch. Anti-itch creams can help. See your doctor if a bite becomes infected from scratching.
- It is important to act quickly if you think you have bed bugs.
Bed bugs breed and spread quickly. A female bed bug can lay between five and seven eggs per day, with each egg taking only 10 days to hatch. What could happen if no action is taken?
 - Today = 1 female bed bug
 - In 3 months = over 100 bed bugs
 - In 4 months = over 400 bed bugs
 - In 6 months = up to 13,000 bed bugs
- Trying to get rid of bed bugs on your own can make the problem worse both for you and other residents in your building. Consider this...
 - Pesticides available in retail stores ARE NOT effective against bed bugs. They have no on-going value once dry and cannot kill bed bug eggs. Using these products will cause the bed bugs to scatter and spread to other rooms, making it harder to get rid of all the bed bugs.
 - Continued use of chemicals can increase bed bug resistance to pesticides.
 - Home remedies found on the internet don't work. Using home remedies just delays you from getting professional help to fight the bed bugs.
 - Throwing away your mattress or furniture before treating it for bed bugs increases the chance of the bugs spreading to other rooms or parts of the building. Most beds and furniture can be successfully treated for bed bugs using a variety of tools and methods available to a pest control professional.
- The fastest way to get rid of bed bugs is to report it to your building manager immediately. You, building staff and the building's pest management company can work together to get rid of bed bugs.

**Do you think your apartment might have bed bugs?
Contact your building manager immediately.**

Produced in co-operation with



For more information on bed bugs, visit www.hamilton.ca/bedbugs