

BED BUG PREVENTION

No one wants bed bugs! What can you do to help prevent them from getting into your apartment and from taking hold? Below are a few tips that can help keep bed bugs out of your apartment home.



Tips for Reducing the Chance of Getting Bed Bugs:

Be careful about what you bring into your home

- Check every item you bring into your home for the first time, especially used books, used electronics, used clothing and used furniture.
- Be very cautious with second-hand items. Each item should be carefully checked before bringing it into your home to make sure you are not getting bed bugs along with it.
- New mattresses are often delivered in the same truck that carries away old mattresses, so be careful to check your new mattress before it enters your home. Insist that your new mattress be sealed before it is delivered.
- Never take a mattress or sofa that was thrown away. 
- Check items before you put them in your vehicle and check your vehicle after helping a friend move.



Reduce the risk of bed bugs when travelling

- Do complete inspection of your hotel room. Examine the corners, creases and folds of the mattress and box spring. Check behind the headboard, the bed frame, night stand and bedding for signs of bed bugs.
- Always inspect the luggage rack for any signs of bed bugs. If it appears free of bed bugs, use it to keep your suitcase off the floor and away from the bed. Move the luggage rack away from the wall to reduce the risk of bed bugs crawling up the wall and into your belongings.

- Keep your clothes inside your luggage, not the hotel dresser. Where possible, keep all luggage zippered closed.
- Use small plastic bags to pack clothing, shoes and other personal items such as books or toiletry kits.
- When returning from a trip, check your luggage and clothing. Inspect and vacuum your suitcases including the luggage lining. As an extra precaution, place clothes and belongings in a laundry dryer on high heat for 30 minutes to kill bed bugs and eggs that might have hitched a ride.

Reduce places where bed bugs can hide

- Get rid of clutter throughout your home. Reducing clutter will remove hiding places; make it easier to see if you do have bed bugs and will make treatment easier, if needed. 
- Vacuum often, including under and behind beds.
- Store unused items in sealed containers or plastic bags.
- Seal all cracks and crevices on wooden bed frames, between baseboards, and in walls, ceilings, windows, door frames, and furniture.
- Check any entry points on walls that you share with neighbours, and openings that allow access to the inside of the wall (e.g. areas where pipes, wires and other utility services enter).

Other things you can do to reduce the risk: of a bed bug infestation

Prevention is much easier than dealing with bed bugs once they are in your home. Remember to:

- Wash and dry bedding often.
- Check beds and furniture for signs of bed bugs.

If despite all your efforts you think you may have bed bugs in your apartment home, contact your property/building manager immediately

The sooner everyone responds, the more successful everyone will be in getting rid of these unwanted pests.

Produced in co-operation with



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