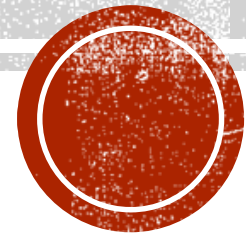


BED BUG INFORMATION

**HOW TO PREVENT GETTING BED BUGS AND WHAT TO DO IF YOU DO HAVE
BED BUGS**

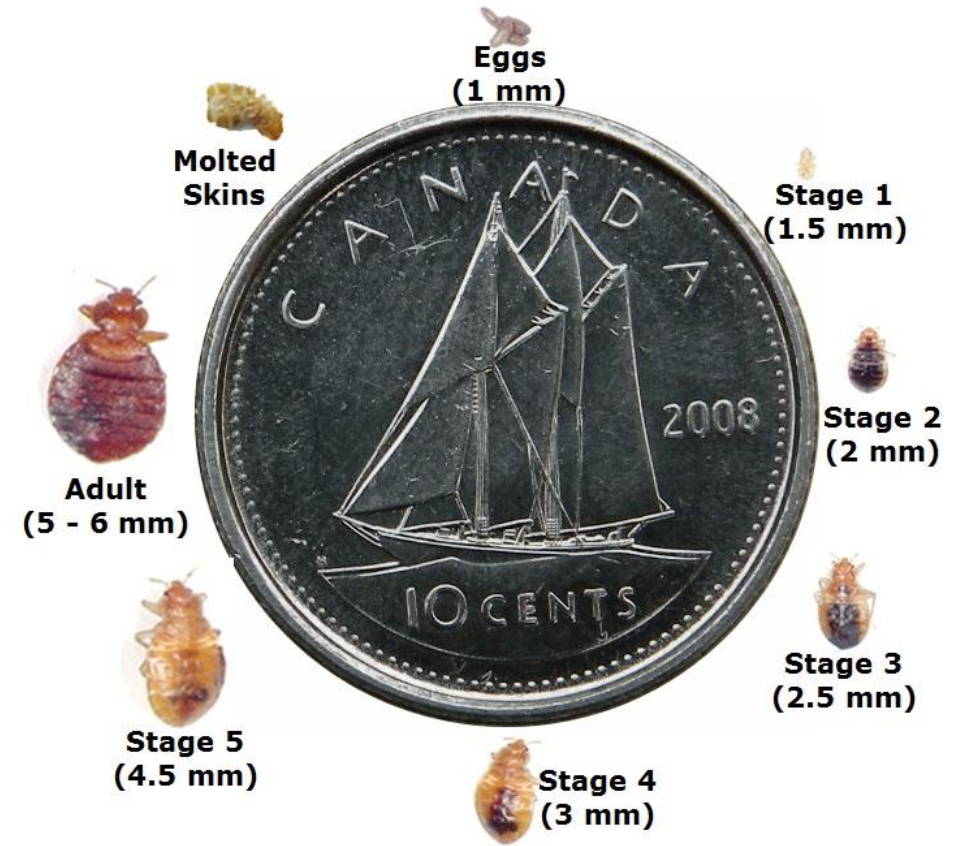


WHAT ARE BED BUGS?

- Bed Bugs are parasites that feed on human blood
- An adult bed bug is the size of an apple seed
- They are usually a reddish brown colour
- From egg to adult a bed bug goes through 7 stages which takes approximately 5 to 6 weeks
- An adult female can lay anywhere from 500-600 eggs
- Bed bugs are attracted to carbon dioxide – they are not attracted to clutter or a mess
- If you breathe and you have blood you could get bed bugs



WHAT DO BED BUGS LOOK LIKE?



WHY ARE BED BUGS BACK?

- Bed bugs never left, there was just a decrease in their numbers
- There is an increase in national and international travel
- Higher population of people – there are more people living in the same space than there was in the past
- Bed bugs are becoming resistant to the chemicals that are use
 - Chemicals do not kill eggs – why it is so important to have more then one treatment occur
 - People do not report in a timely manner – this is very important to do due to the rapid rate that bed bugs can reproduce
 - There is a stigma attached to having bed bugs
 - There is a lack of awareness surrounding bed bugs



BED BUG REPRODUCTION RATE

Orkin Research Data 2011

A POTENTIAL INFESTATION

This graphic illustrates unimpeded life cycle replication under ideal conditions based on published scientific literature.

One adult female that lays eggs on day 1 can lay 7 eggs per week for 52 weeks. After 30 days, the first hatchlings have matured and can begin laying eggs at the same rate. Assuming each hatch includes 4 male and 3 female offspring, this is a picture of what the infestation could look like.

13,328 Bed Bugs

1 bug

22 bugs

106 bugs

421 bugs

6 months

4 weeks

12 weeks

16 weeks

Source: Certified Orkin Entomologist research data, © 2011 Orkin, LLC

HOW TO PREVENT BED BUGS



- Bed bugs like to hide. They will hide in cracks and crevices and will get into areas smaller than is often believed that they can.
- The less clutter there is in a home, the fewer hiding spots there are for bed bugs.
- Use encasements. Ideally you will want one for the mattress and one for the boxspring.
- Do not take furniture off the side of the road
- If buying from a second-hand store, thoroughly inspect the items prior to bringing into your home. If it looks suspicious then do not buy it.



HOW TO PREVENT BED BUGS CON'T

- Use inceptors/moats.
- Make beds an island. Keep them at least 6 inches from walls. This helps prevent bed bugs from being able to move from wall to bed and vice versa.
- Keep blankets and clothes off the floor
- If you have been somewhere and believe you have encountered bed bugs, change your clothes immediately upon entering your home. Launder these clothes right away, ensuring they have been in the dryer on high heat for at least 60 minutes
- If you cannot launder your clothes right away, put them in double bags and tie tight (no holes or gaps) until you are able to do the laundry.



MYTHS VS. FACTS

Myth	Fact
Only dirty people get bed bugs	Bed bugs are attracted to carbon dioxide and blood. They do not care how clean or dirty a person is
Bed bugs can jump and fly	Bed bugs cannot jump or fly. They travel by crawling
I don't have bites so I don't have bed bugs	1/3 of the population does not react to bed bug bites
I need to throw out all my clothes, bed and couch.	Clothes can be laundered. Beds and couches can be treated – only dispose of these items if acceptable treatments cannot be found
Bed bugs are only found on the bed	Bed bugs can be found anywhere a human is. They will nest in the area that a human spends the majority of their time



MYTH VS. FACT

Myth	Fact
Bed bugs cannot live if they do not feed	Bed Bugs can live up to a year without feeding
Bed bugs can cause the spread of disease	Bed Bugs have not been shown to cause or spread disease
Bed bugs cannot be seen by the naked eye	Although small, bed bugs can be seen by the naked eye. An adult is the size of an apple seed
Bed bugs are only active and bite at night	Bed bugs can be active and bite any time of the day, however they do tend to be more active at night
Bed bugs can be treated with store bought products	Store bought products are ineffective in the treatment of bed bugs. Bed bugs are building a resistance to chemicals. Over the counter “treatment” options do not have residual effects, therefore they do not have long term success in treatment



WHAT DO I DO IF I HAVE BED BUGS?

- The first thing you should do is let your landlord or property manager know that you have found bed bugs in the unit
- Do not self treat for bed bugs. This does not get rid of bed bugs. There is no residual effect from over the counter items. They also do not always kill bed bugs on contact.
- Do not throw out any items. Throwing items out does not solve the problem. By throwing items out you could be spreading bed bugs as infested items need to be wrapped and disposed of properly.
- Follow the information given on your prep sheet. If you do not understand something or need assistance speak with your landlord.

ResQ Canada
Pest Management & Environmental Solutions Inc.

SAMPLE Preparations For The Bedbug Treatment

IMPORTANT NOTE:
Please use this prep sheet as a checklist during your preparation process to ensure all needs are met. Failing to prepare your unit may result in a cancellation of treatment.

STEP ONE – BEFORE 1ST TREATMENT

The Bedbugs eradication process is tedious and complex. It all starts with a good preparation based on IPM principles. The pre-treatment preparation by the TENANT includes:

- Putting all clothing, curtains and bedding in plastic bags, Tie the bags **TIGHTLY** and bringing them to laundry. Wash with hot water for 50 minutes then dry on high heat with an additional 20 minutes after items are dry,
- Put pillows and stuffed animals in the dryer only on high heat for **50 minutes**,
- After the laundry phase, put all items in **NEW** plastic bags and tie the bags tightly to prevent re-infestation,
- Choose some supply of clothing and bedding (**NO MORE THEN 1 or 2 BAGS**) to put aside so you have what you need until the 2nd treatment phase is complete. Any clothing or bedding used between 1st and 2nd treatment phases, **MUST** be stored after use in a plastic bag and taken back to laundry,
- Collect and move all needed items such as: medication, Documents ext. to kitchen area and place inside a plastic bag for safe keeping,
- Remove all items from floor, cupboards, shelves, tabletops and drawers so only furniture remains.
- Pack all items in sealable bins or bagged boxes. If using bagged boxes, you **MUST** tie the bags tightly,
- If accessible**, stack all bins or boxes on balcony to clear room for exterminators to work,
- Vacuum all furniture, baseboards and anywhere else activity can be found. Be sure to immediately empty your vacuum into a garbage bag, tie the bag tightly and dispose of the bag in outdoor garbage,
- Have building office help to remove electrical face plates and light switch covers for residual dusting,
- On treatment day move all bagged laundry to bathtub for storage.

CAUTION:

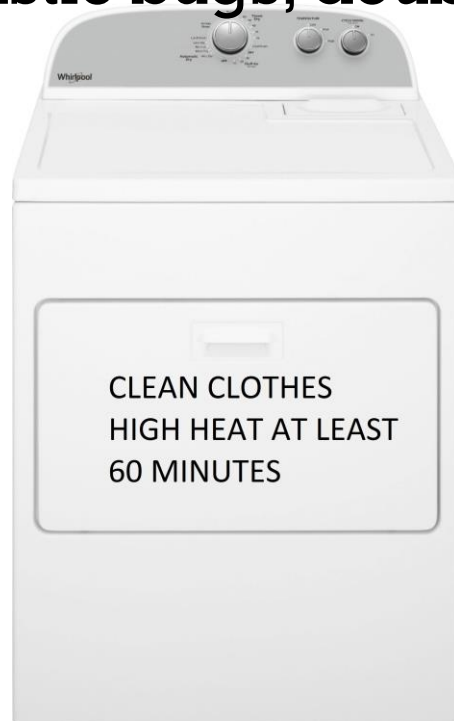
- All clothing and items must remain bagged and packed until after the 2nd treatment (unless instructed otherwise) to prevent re-infestation between treatment phases.
- After the preparation is verified a licensed exterminator from ResQ Canada will treat the unit and furniture items with residual pesticide followed by a 2nd treatment in 2 weeks.

NOTE: If you are unable to prepare your unit by yourself or unable to find prep help – you can hire ResQ Prep Team services. (please contact at 288-449-0622 for an estimate)

SAMPLE

THINGS TO DO TO PREP YOUR UNIT

- It is the tenant's responsibility to ensure that their unit is prepared properly for the treatment to occur.
- Laundry
 - Bag all laundry in plastic bags, double knotting them and take to laundry facilities.



LAUNDRY CON'T

- Once they have been put through the dryer, bag all items in new plastic bags. Tightly tie bags, ensuring there are no holes or spaces to prevent re-infestation.
- Leave all items bagged between treatments and until your unit has been cleared of bed bugs.
- Put 7-14 days worth of clothing in a plastic click lid container. These clothes will be what you wear between treatments.
- All pillows and stuffed toys will need to go in the dryer on high heat for 60 mins
- On treatment day place all bagged laundry in the bathtub



THINGS TO DO TO PREP YOUR UNIT

- Vacuum/steam
 - This needs to be done to all floors, couches and mattresses.
 - Empty vacuum into a plastic bag, tie it tight and throw it in the garbage immediately when you are finished vacuuming.
- Box all items
 - Remove all items off the floor, tables, cupboards, drawers and shelves so only the furniture remains. Place in sealable bins or bagged boxes. If you are using boxes, boxes will need to be put in bags and the bags will need to be sealed tight.
 - Place all items that you will need e.g. medication, documents etc. in the kitchen area in a plastic bag.



THINGS TO DO TO PREP YOUR UNIT

- **Storage**
 - Place all boxed items on the balcony or in an area that will not interfere with the treatment, stacked in neat piles.
- **Ask your landlord/property manager to assist with the removal of electrical outlet covers**
- **Do not unpack until unit has been cleared of bed bugs.**



HOW DO I HELP STOP THE SPREAD OF BED BUGS

- Do not throw out furniture unless it has been properly wrapped and marked clearly. If you have furniture that needs to be disposed of speak with your landlord about the best way to dispose of it.
- Report bed bugs to your landlord as soon as you notice them in your unit
- Share information – educate others about bed bugs. There is lots of information out there. If you are not sure where to send them, you can start with the City’s website at www.Hamilton.ca/bedbugs
- Use the preventative measures covered early to protect yourself and others
- Do not blame others if they have bed bugs. Bed bugs are attracted to everyone and anyone can pick up a hitchhiker anywhere.



THANK YOU

Contact information

Name: Jennifer Iscoe

Agency: Hamilton Housing Help Centre

Position: Bed Bug Service Coordinator

Phone number: 905-526-8100 Ext 804

Email: jennifer@housinghelpcentre.ca

Website: www.housinghelpcentre.ca

