

WHAT DO BED BUG BITES LOOK LIKE?

When Bed Bugs feed, they inject their beak into the skin and their saliva acts as an anticoagulant to bring up the blood-meal. Although individual responses vary, the common reaction is for the skin to become red, inflamed and irritated. Often the skin lesions are unnoticed or mistaken for flea or mosquito bites or other skin conditions. Rashes range from localized red and itchy spots arranged in a linear fashion. Some people may develop welts or a lump filled with fluid or blood. Bites occur on exposed areas of the skin, such as face, neck, hands, arms, legs or all over the body.



Most Bed Bug bites will go away without treatment. If bitten, keep the skin clean and avoid scratching. If bites are really itchy a doctor may prescribe cream, antihistamines or antibiotics if the skin has become infected from scratching.

BED BUG AWARENESS VIDEO

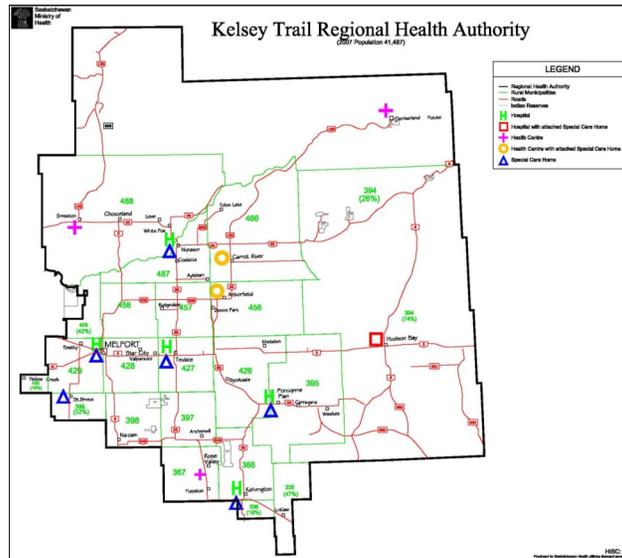
The following link should be viewed for further bed bugs awareness information:

<http://www.youtube.com/watch?v=exvAhBOhsl0>

FOR ADDITIONAL INFORMATION, PLEASE CONTACT YOUR LOCAL PUBLIC HEALTH INSPECTOR:

MELFORT/TISDALE 306-752-6310

NIPAWIN 306-862-0761



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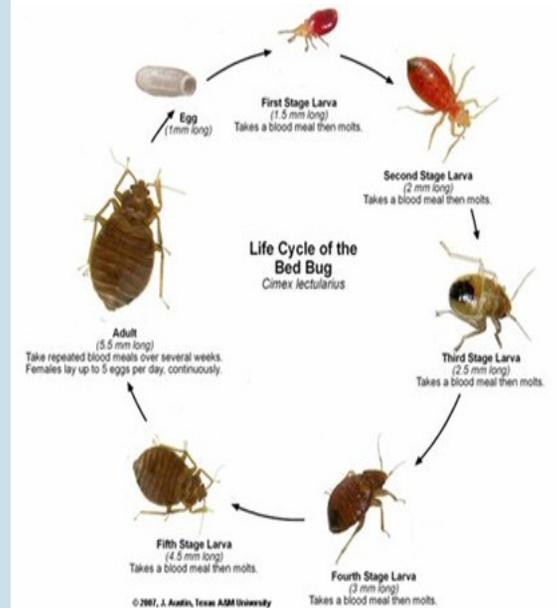
Provincial Health Line—24 hour health advice



HealthLine
1-877-800-0002



GUIDE TO BED BUG CONTROL



**An Environmentally Sound Approach to
Pest Control**

Healthy People in Healthy Communities

WHAT ARE BED BUGS?

Bed bugs are small brownish, flattened parasites (4 - 5 mm long) that feed on the blood of humans, birds, and other mammals. Different life stages below:



Bed bugs are flightless but can crawl quickly over floors, walls and ceilings.

• They can also hitch rides or move around on clothing, furniture, purses and luggage.

- Females lay up to 5 eggs a day (200 -500 in a lifetime). The eggs are tiny, whitish and barely visible (size of a dust speck).
- Bed bugs are very resilient. Nymphs can survive months without feeding and the adults for more than a year.
- Bed Bugs have never demonstrated that they are capable of transmitting any human diseases.

HOW CAN BED BUGS GET INTO MY DWELLING?

Bed Bugs are often transported into a dwelling on or in items such as used or discarded box springs, clothing, furniture, purses and luggage. Hotels, apartments, hostels, shelters or any other multi-unit dwelling are at risk. Most infestations start around beds and spread throughout a room and beyond. Bed Bugs are often found in the following areas (this not inclusive of all the possible areas that Bed Bugs can be present):

- the seams and creases of mattresses/box springs
- under couches, chairs and bed
- behind loose wall paper, paintings and posters
- behind baseboards and door casings
- under area rugs and edges of carpets
- telephones, radios, clocks (other electronic device)

Bed Bugs can travel from room to room or by moving along electrical wiring, pipes and other conduits if there is no food source present.



If you suspect you may have Bed Bugs, inspect all the folds and crevices of mattresses and bed frames where Bed Bugs like to hide. You can monitor Bed Bug activity using double-sided sticky tape or glue-boards and inspecting them daily. Bed Bugs leave dark reddish brown fecal matter in the areas where they have fed or their waste material during post feeding. If you are seeing these spots it may be an indicator of bed bug activity.

HOW CAN I CONTROL BED BUGS?

Bed Bugs are difficult to control and require an Integrated Pest Management (IPM) program approach to suppress them. An IPM program combines various control techniques and products to minimize the risks to human health and environment. There are non-chemical and chemical options for treating Bed Bug infestations:

Some Non-chemical ways to treat Bed Bugs include:

- Place dry clothes into the dryer on high heat for 15-20 minutes. This will effectively kill all stages, including the egg stage, without damaging the clothing. Alternatively, wash bedding and clothing in hot water (120°F) and laundry detergent.
- Use hot steam along baseboards, wallpaper, cracks or other areas where Bed Bugs and eggs can hide. Remember, if they can get into a space, they are likely there.

• Vacuum often with strong suction all possible places with Bed Bugs including the mattress, box spring, and bed. Scraping of the egg masses has to occur to remove them. Vacuum daily and empty vacuum immediately.

• Stuffed toys can be put in the clothes dryer for 15 to 20 minutes on high heat.

• Remove the infested material. If practicable destroy furniture, beds or bed frames that are suspected of having Bed Bugs. If possible treat the infested materials with heat above 124°F or 51°C.

• Do not bring materials into a new location from a location where Bed Bugs may have been present or are a current issue. Bed Bugs are easily and commonly transported from location to location.

• Treating materials that are infested with Bed Bugs by using cold temperatures (below 0°C) is NOT an effective method for control.

Chemical ways to treat Bed Bugs include:

• Domestic formulations of spray, liquid, and dust products such as permethrin, pyrethrins and diatomaceous earth, are available at retail stores. It is very important to ensure the products used are specifically registered for Bed Bugs. Directions for use of chemical products should be followed carefully. Do not chemically spray linens, mattresses, fabrics or clothes unless they are registered for this use.

Pest control professionals:

For larger infestations, or for infestations in multi-unit buildings, pest control professionals should be called. Building owners should check municipal bylaws before trying to treat infestations on their own. Pest control companies often use a variety of chemical insecticides or non-chemical methods such as heat treatment. More than one treatment will likely be necessary. You can find pest control companies in your Yellow Pages.