

Signs of Bed Bugs

- Bites on arms and legs – bed bugs feed on blood, although only 30% of people react
- Tiny black spots on furniture, mattresses and headboards – these are bed bug feces
- Bloodstains or streaks on sheets and blankets
- Moulting – when bed bugs feed – they grow and cast their old skin
- Eggs are clear and when hatched, they can be the size of a few grains of sand
- Check the creases and edges of the mattress for tiny black spots, eggs or moulting



Top 10 Things to Know about Bed Bugs

- Bed bugs are common and could be brought home from anywhere
- Bed bugs travel from unit to unit AND building to building
- Bed bugs feed on human blood – not food, like cockroaches
- When hatched, bed bugs are smaller than a poppy seed
- Adults can survive months without feeding – young ones can survive 3 months



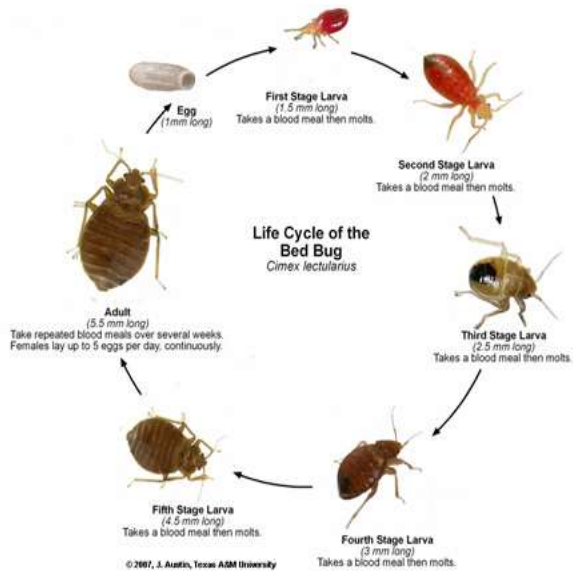
- Over the counter sprays are not effective – professional pest control is best
- Bed bugs can be found in every country – it's not too cold in Canada!
- Bed bugs do not live on host like lice or stay attached like ticks – they feed on blood then go into hiding.
- Bed bugs are more resistant than roaches, they have tougher and less permeable exoskeletons and do not ingest poisons by grooming
- Bed bugs do not jump or fly, they do not chew through anything – keep your belongings in a plastic container



PRINTING INSTRUCTIONS

Print this page double sided, choose 'Flip on the short edge', cut out on dotted line and fold to make a 3-fold pamphlet
'How to Identify Bed Bugs' is the front page

Bed Bug Life Cycle



- Females can lay 1 to 5 eggs a day and the eggs hatch in two weeks
- Entire cycle from egg to adult can take 4 to 5 week

References for more Information

- www.woodgreen.org/resources/allaboutbedbugs.aspx
- www.toronto.ca/health/bedbugs_factsheet.htm
- bedbugsinfo.ca
- www.hsc.mb.ca/pdfs/bugday_abooklet.pdf
- www.youtube.com/watch?v=4QX751DNW7Q
- www.youtube.com/watch?v=3mmu_y-r2J8&feature=related
- www.youtube.com/watch?v=pHux9IHDaVQ&feature=related
- www.youtube.com/watch?v=fbfMewOk8Pw&NR=1



How to Identify Bed Bugs

- Bed bugs are insects with 6 legs- no wings
- Adults have oval-shaped bodies and, before feeding, are about ¼ inch long and flat at paper



Before Feeding



After Feeding

- After feeding – they are dark red and bloated
- When hatched, bed bugs are smaller than a poppy seed
- Adult bed bugs are the size of a grain of rice