

**Native People of Sudbury Development Corporation
- Information Bulletin -**

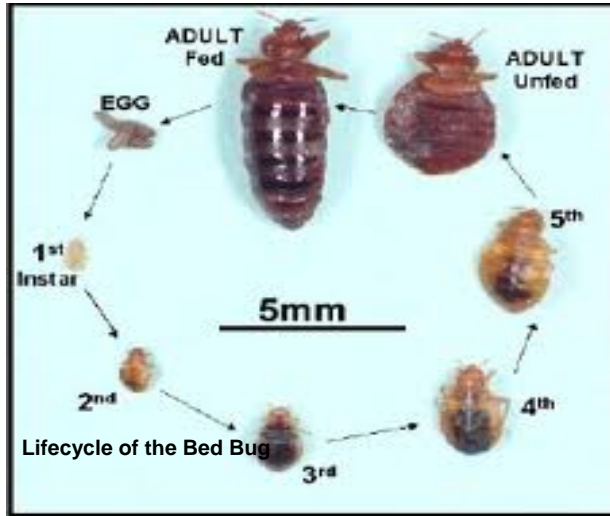


Bed Bug Fact Sheet

Until recently bed bugs were believed to be mostly eradicated through the use of strong chemicals such as DDT. However, these chemicals were banned due to health risks. This, combined with more international travel, increased use of used furniture, and insects becoming resistant to other chemicals, resulted in bed bugs becoming a real problem throughout Ontario. Native People of Sudbury Development Corporation will work to keep our homes free of bed bugs, but we need help from our tenants.

items for signs of bed bugs before bringing them into the home or apartment.

The more obvious signs that someone may be living with bed bugs are itchy red welts that can appear anywhere on the body.



Bed bug bite welts on a leg, above, and on a torso, below.

QUICK FACTS:



Above, the size of a bed bug compared to a thumb.

Bed bugs are oval, flat, reddish brown and about the size of an apple seed.

These mainly nocturnal bugs feed on blood of animals but prefer human blood. Bed bugs usually come out to feed at night. Amazingly, bedbugs can live up to a year without feeding!

As the bugs grow, they shed their exoskeletons (outer skins). Bed bugs live somewhere between 6 to 9 months and female bed bugs can lay 200 to 500 eggs.

Bed bugs cannot fly or jump. These bugs often "hitchhike" on or in clothing, luggage, knapsacks, computer bags, purses, and especially on or in used items found at second hand stores, bought online or at yard sales. It is very important for tenants to inspect all furniture, bedding, couches and chairs in their rental units for signs of bed bugs. Even more important, carefully inspect all new or used

WHAT TO LOOK FOR AND WHERE TO LOOK...

The first place to check is mattresses and bedding. Check for tiny blood stains or brownish stains on sheets, pillow cases, blankets and mattress. The brownish stains are fecal matter (poop), the red is the blood. The bugs may also be visible. If small white objects are found they may be bed bug eggs.



A mattress infested with bed bugs.

The furniture in the bedrooms needs to be checked, too; dressers, night stands, bed frames and headboards, along baseboards, behind pictures and in carpets. Look carefully at any and all cracks and crevices because this is where they hide. Also check couches, chairs, curtains, electrical outlets and switches. Don't forget to check the living room too; couches, chairs, tables, computer desks, etc. are easy spots for bed bugs to hide.



- HOW TO AVOID A BED BUG PROBLEM**
- Do not buy or accept used couches, chairs, mattresses, or other furniture unless they are carefully inspected for bed bugs.
 - When staying in a hotel or overnight somewhere check the mattresses and furniture for signs of bed bugs.
 - Use caution at theatres and on public transit—check seats for signs of bed bugs.
 - When entering a home where bed bugs may be present, do not put anything on the floor or on furniture where bed bugs could get into your possessions.
 - Do not ignore a bed bug problem. It will not go away without treatment and the bugs could spread to friends and relatives!

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The circled areas in the diagram above shows some of the places to check for bed bugs.



Clearly mark all items which are infested with bed bugs and put at the road as garbage. This will help to ensure that no one takes the items from the garbage and brings the bugs home with them.

WHAT TO DO IF BED BUGS ARE FOUND

If a tenant finds evidence of bed bugs in the apartment, the tenant should try to obtain a sample of the insect by placing it in a small, sealed container. Next, contact the Native People of Sudbury Development Corporation office immediately so we can have a certified inspector verify an infestation. Do not wait to report a bed bug problem...it will only get worse if it is ignored and the bugs could spread to other areas of the home, to other adjoining apartments, and even to the homes of family and friends!

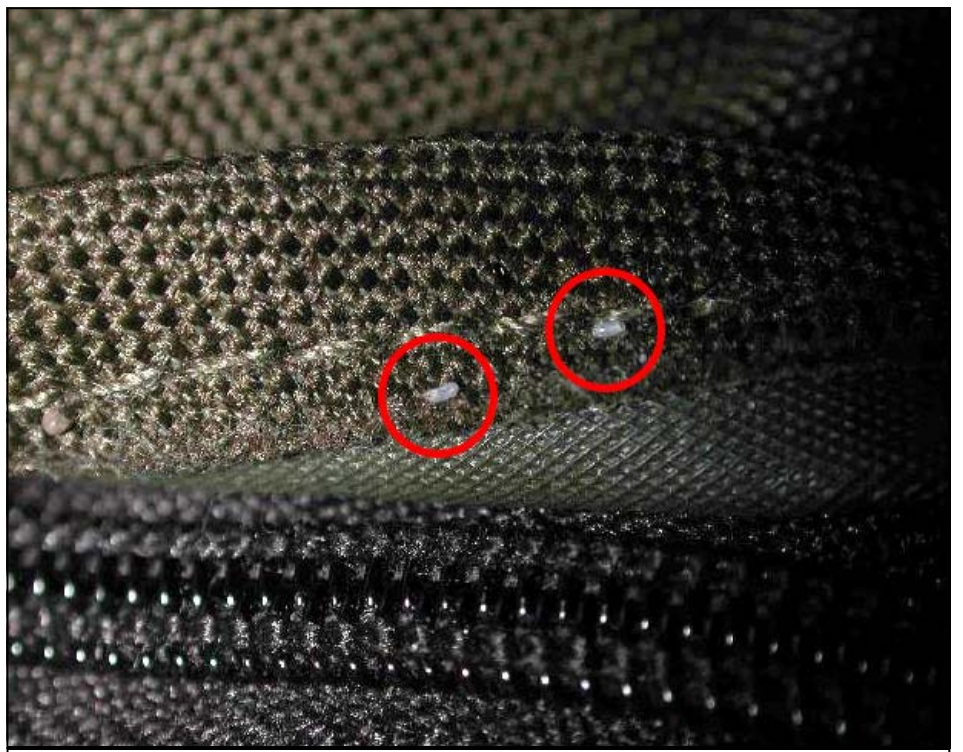
If an infestation is confirmed our office will arrange treatment by a licensed pest control company and advise the tenant about how to prepare the unit for treatment.

It is very important that tenants closely follow the treatment instructions. This will help to ensure the problem is eliminated. The treatment process for bed bugs includes at least one follow-up visit by the pest control technician. During the follow up visit the technician will check to see if the treatment is working and if the process requires further attention. The tenant will need to prepare the unit again for treatment before the follow-up inspection so that additional chemicals can be applied if needed.

As part of the treatment process, tenants must vacuum all treated areas. Vacuum mattresses, box springs, bed frames, dressers (inside and out) couches, chairs, and all baseboard areas. Once this is done, the vacuum bag must immediately be put OUTSIDE in the trash to prevent spreading the bugs throughout the home.

All clothing, stuff toys and bedding needs to be bagged and sealed until it can be washed in very hot water and put in the dryer for at least 30 minutes on the maximum setting. Make sure shoes and coats are inspected for bed bugs too! It is a good idea to purchase a new mattress cover. After the treatment has been applied and the technician confirms that the problem has been resolved, the mattress can be covered with the new cover.

Some items that are badly infested should be put at the road for garbage pick-up. Make sure to label all items that are thrown out so that no one picks them up and brings the bed bugs into their home unaware of the problem!



The areas circled in red show bed bug eggs attached to a suit case.

Bed bugs and other insects love clutter! Get rid of all items that you no longer need and keep a clean, sanitary apartment. If you do experience an infestation there will be less opportunity for the bedbugs to hide, and more chance that the treatment will work.



Bugs can easily hide in clutter. Keep apartments tidy and clean to avoid problems, and to facilitate early detection and treatment.

Use the tips in this fact sheet to help reduce the chances that your home will become infested with bed bugs. Learn the signs of bed bug infestations to quickly report and treat any problem that may occur. Remember...the quicker an infestation is treated, the easier it is to eliminate the problem and lessen the risk that the bed bugs will be transferred to the homes of family and friends!