

Bed Bugs

What Do Bed Bugs Look Like?

Bed Bugs are about 1/4 inch long, oval, reddish-brown and wingless. Their body is very flat.



What is Their History?

Bed bugs hatch from whitish, pear-shaped eggs about the size of a pinhead. Bed bugs feed on blood, primarily human, but will also bite mammals and birds.

Why Are Bed Bugs A Problem?

Bed bugs are a biting insect. You may not be aware you have been bitten. Some people have swelling or itchy welts. In some cases scratching has led to infection. Bed bugs can easily be carried to other areas of the home or to someone else's home.

How Do I Know If I Have A Bed Bug Problem?

Bed bugs are mainly active at night., during the day they hide. Because of their small, flat bodies they hide in many places. To see if you have a problem you will need to check for bed bugs in areas such as:

- ◆ mattress pads
- ◆ box springs
- ◆ cracks in bed frame and head board
- ◆ electrical outlets
- ◆ night tables and dresser drawers
- ◆ under rugs and baseboards
- ◆ telephones, radios, clocks



The bed linen, mattresses, bed frames or walls may show signs of dark reddish-brown blood stains.

How Do I Control Bed Bugs?

- ◆ Remove or reduce clutter in the infested room. Regular house-keeping is important.
- ◆ Bedding and clothing should be washed in hot water and dried on the hottest setting for at least 20 minutes.
- ◆ Vacuum carpets, mattresses and box springs, especially around seams and edges of mattresses will help. Throw the vacuum bag in outside garbage. Steam cleaning carpets and mattresses is also helpful.
- ◆ Mattresses can be wrapped in zippered bed bags or covered in plastic film with the seams sealed.
- ◆ Coat the legs of the bed with 2-sided carpet tape, or Vaseline/petroleum jelly, or place the legs inside glass jars or metal cans to prevent bed bugs from climbing up to the mattress.
- ◆ Check picture frames, switch plates, clocks, phones, televisions and smoke detectors, etc., for bed bugs. Clean if possible, or discard.

- ◆ Small items that can't be washed can sometimes be treated by heating (to >50° C) or freezing (eg: 2 days at 0°C).
- ◆ Check second-hand furniture or clothing for bed bugs before bringing into your home.
- ◆ If the bed bug infestation is severe a professional may be required for control.

How Do I Treat Bites?

Most bites don't need treatment, other than washing with soap and water to keep the skin clean. Creams or lotions are available at a drugstore to help with the itching. If bites become infected consult your physician or primary care nurse.

Where Can I Get More Information?

Contact your Environmental Health Officer:

Prince Albert Grand Council	953-7248
Lac La Ronge Indian Band	953-7248
Peter Ballantyne Cree Nation	953-7248
Meadow Lake Tribal Council	236-8261

Adapted from:

Effective Control of Cockroaches, Health Canada; AgriLife Extension, Texas; U of A Insect Pests of the Prairies.

NITHA Partners



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Photo by: M. Potter, University of Kentucky Department of Entomology

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