

Bed Bugs



Anyone Can Get It

What they look like

Bed bugs are about 1/4 inch long and flat as paper. After feeding, they turn dark red and become full. Their eggs are whitish, pear-shaped and about the size of a pinhead. Groups of 10 to 50 eggs can be found in cracks .

Bed bug bites

When bed bugs bite people, the skin becomes reddened and irritated. Individual responses to bed bug bites will vary. Bites most commonly occur on bare areas of the body, including face, neck, hands, arms and lower legs.

Most bed bug bites go away by themselves and do not need treatment. They do not carry diseases.

Keep the skin clean and try not to scratch.

Common areas to find bed bugs:

- mattress and box springs
- cracks in the bed frame and headboard
- under chairs, couches, beds and dust covers
- between the cushions of couches and chairs
- under area rugs and the edges of carpets
- between the folds of curtains
- in drawers
- behind baseboards and around windows and doors
- behind electrical plates and under loose wallpaper, paintings and posters
- in cracks in plaster
- in telephones, radios and clocks

If you have them...

- Vacuum your mattress and any objects close to the bed. It is important to vacuum daily and empty the vacuum right away.
- Wash all your bedding in the hottest water possible and dry in a hot dryer.
- Fill cracks between baseboards, in wood bed frames, floors and walls.
- Repair wallpaper, tighten loose light switch covers and seal any openings (pay special attention to walls that are shared between apartments).
- Set out glue boards or sticky tape to catch bed bugs.
- Closely look at any items that you are bringing into your home.
- Turn to professional pest control services if you choose to treat the infestation with an insecticide.

For more information contact Ottawa Public Health

ottawa.ca/health 613-580-6744

