What should you do if you find bed bugs?

Because several different kinds of insects resemble bed bugs, specimens should be carefully compared with good reference images to confirm their identity. If any questions remain regarding the identity of your samples, then submit them to a local pest control company for evaluation.

Sometimes,dark brown or reddish fecal spots of bed bugs are apparent on the bed linens, mattress or walls near the bed. A peculiar coriander-like odor may be detected in some heavily infested residences.

What can you do to manage bed bugs?

Search for signs of bed bugs by carefully inspecting bed frames, mattresses, and other furniture for signs of bed bugs and their eggs.

Reduce clutter to limit hiding places for bed bugs.

Thoroughly clean the infested rooms as well as others in the residence. Scrub surfaces with a stiff brush to dislodge eggs, and use a powerful vacuum to remove bed bugs from cracks and crevices.

Dismantling bed frames will expose additional bug hiding sites. Remove drawers from desks and dressers and turn furniture over, if possible, to inspect and clean all hiding spots.

Mattresses and box springs can be permanently encased within special mattress bags. Once they are installed, inspect the bags to ensure they are undamaged; if any holes or tears are found, seal these completely with permanent tape. To prevent bed bugs from crawling onto a bed, pull the bed frame away from the wall, tuck sheets and blankets so they won't contact the floor, and place the frame legs into dishes or cups of mineral oil.

If you own your residence, contact a licensed pest control operator who is knowledgeable and experienced in managing bed bug infestations. If you are a tenant, notify your landlord.

Further Information:

http://medent.usyd.edu.au/fact/bedbugs

http://www.publichealthgreybruce.on.ca

http://www.hsph.harvard.edu/bedbu

Manitoba
Family Services and Housing

Family Services & Housing

Safety and Health Unit
500-326 Broadway
Winnipeg, MB R3C 0S5

Bed Bug Safety Guide

SAFE WORK
SAFE: SPOT THE HAZARD ASSESS THE RISK FIND A SAFER WAY EVERYDAY

What is a bed bug?

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

Bed bugs cannot fly, they move around on clothing, furniture, purses and luggage.

Life Cycle

Eggs

The bed bug eggs are white and about 1mm long, and almost impossible to see on most surfaces. The female bed bug lays about 200 eggs in her lifetime, at a rate of about 3-4 per day. The eggs have a sticky coating and are deposited in cracks and crevices, behind woodwork and similar hidden locations. They hatch in 6 to 17 days.

Nymphs

Newly hatched nymphs feed as soon as food is available. A bed bug goes through five molts before it reaches full maturity.

Adults

Adults live for around 10 months, but can live for a year or more. In a home, where the environment is conducive to their reproduction bed bugs can breed year round. (Ideal breeding temperature is 21 to 28c)

Bed Bug Bites

The bites of bed bugs are usually painless, but toxic saliva is injected during feeding which could cause minor to severe itching and possibly an inflamed welt or sore. Sensitivity to bed bug bites can vary from person to person. Bed bugs don't pose any health risks. Similar to mosquito bites, bed bug bites can result in itchy welts.

Bed Bug Habits

They feed mostly when it is dark, they avoid lighted areas. Bed bugs may appear in dimly light rooms.

They feed mainly on human blood and feed for 3 to 10 minutes.

After feeding, bed bugs generally crawl to a hiding place to digest their meal and molt to next lifecycle stage.

They can stay on a host's hair, beard, clothes etc but they don't have appendages to cling to hair, skin, fur etc.

Bed bugs that develop solely on human hosts are primarily moved from one location to the next via infested furniture, bedding, and transfer by humans or by migration through opening in walls where heating pipes go from one unit to another unit.

Protect Yourself

- Minimize bringing personal items into infested areas
- Place bags in sunlight areas
- Hang bags on doorknobs, top of doors, etc.
- Do not let pants drag on the floor
- Sit on sunlight furniture or hardwood surfaces
- Be aware of the signs of bed bugs presence

Why are Bed Bugs a problem now?

Bed bugs have always been around but in the past, insecticides such as DDT helped to keep the bed bug population low with residues that continued working after the product was sprayed. Now, with the increase use of more environmentally friendly pesticides and bait traps replacing sprays, specific pests such as ants and cockroaches are being targeted, and bed bugs are no longer being eliminated. In addition, people now travel more than ever before. Places that see a great deal of turnover such as hotels give bed bugs the opportunity to travel to new locations on luggage or clothing.

References:
City of Winnipeg Entomology, Taz Stuart
MHA Training Presentation, Dave Funk
Health Canada, Effective Control of Bed Bugs