

# Bed Bugs: Tenants

Bed bugs are insects with oval-shaped bodies and no wings. Right now, there are no known cases of any infectious diseases being spread to people by bed bug bites.

## BED BUG BITES

They usually bite at night and will bite all over, especially around the face, neck, upper body, arms and hands. Some people have no reaction to bites. While in others, they can turn into itchy welts. Most bed bug bites eventually go away and don't need treatment. If you are worried, see your health care provider. More pictures of bites can be found on the website [bedbugsinfo.ca](http://bedbugsinfo.ca)



## HOW TO TELL THERE IS A PROBLEM

Bed bugs like to hide along the seams of the mattress, around the mattress tag, on the box spring and on the headboard. Check for blood spots and bed bug droppings. The droppings are dark and look like ink stains. They are often the easiest to see.

Get in touch with a public health inspector from the Health Unit to make sure that you do have a bed bug problem. Call 625-5930 or toll free at 1-888-294-6630, ext. 5930.



*Blood spots and droppings on a mattress*

## WHERE TO START

Contact your landlord and work with them. Unfortunately, the problem can't be fixed with store bought pesticides. They don't work well. The help of a licensed pest control company will be needed.

## OTHER TIPS

**Vacuum** the bed bugs and their eggs with the nozzle attachment. Get into all the gaps in your mattress and all the cracks in your bed frame, in your baseboards and anything other furniture that is close to the bed. Make sure you empty out the container or the bag right away. If your vacuum has a container without a bag, wipe it out.

*See reverse for more information*

**Wash** anything from your bed like sheets, pillow cases and blankets. Use the hottest water you can and then put them in a hot dryer for at least 30 minutes.

**Ask your landlord about caulking** and other fixes that can help. These include:

- Caulking to fill in gaps on your baseboards, on the floor or on the walls.
- Fixing or taking down peeling wallpaper and tightening loose light switch covers.
- Filling in any openings or spaces where pipes and wires come into your home, especially on walls that you share with another apartment.

**Look** very closely at any second-hand things that you bring into your home. Check them for bed bugs. This could include furniture that is left out by someone else.

**Work with a pest control company** and get ready for any treatments by taking everything out of the dressers, drawers, closets, shelves or cupboards and counter tops. Make sure the sprayers can reach the baseboards. It will also help if you keep the floor clean and move furniture 2 feet from the wall.

**Check** every day to see if you have more bed bugs by putting out double-sided sticky tape (carpet tape works well) to catch them.

You may see living bed bugs for 5 to 10 days after your home has been treated. If you still see a lot after 10 days, go back to your landlord as more treatments may be needed.

## ROLE OF THE HEALTH UNIT

You can contact the Health Unit to confirm a bed bug infestation. To speak with a public health inspector, call 625-5930 or 1-888-294-6630, ext. 5930.

You can also bring bugs to the Health Unit for identification. To make it easier:

- Put the bug in a container with a lid; write contact information on the container.
- Don't squish the bug or it may be hard to tell what it is.
- Bring container to 999 Balmoral Street between 8:30am-4:30pm, Monday to Friday.

## MORE DETAILED INFORMATION

More detailed information — including fact sheets, videos, photos and links to other valuable resources — can be found on the provincial website [bedbuginfo.ca](http://bedbuginfo.ca)

Fact sheets include:

- Identifying bites
- Bed bug myths
- Tenant rights in Ontario regarding bed bugs

Videos include:

- How to identify bed bugs

