Bed Bug 'HitchHikers'

Sometimes people can get bed bugs from visiting places that already have a bed bug problem -- clients or friends or when making service calls for work.

No one wants to pick up and bring home bed bugs - or move them to another place.

Enlarged view

There are two ways to get bed bugs – migration and hitchhiking:

- Migration is when bed bugs walk to a close-by place, through hallways, plumbing, electrical lines, or other ways
- Hitchhiking is when bed bugs climb inside or onto bags, clothing or other belongings and are moved by that person to another place

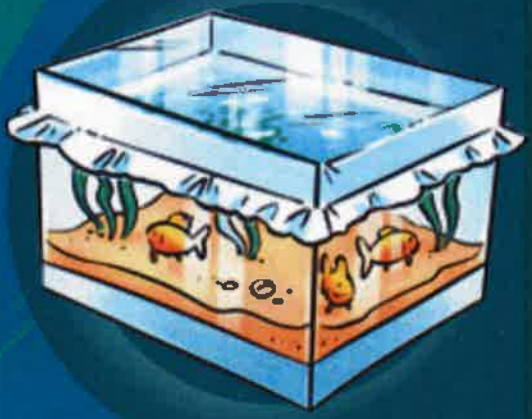
Some things to consider:

- Bed bugs usually feed at night and hide during the day (most of their life is spent hiding)
- Bed bugs like dark places best
- Bed bugs usually hide near a bed or where a person normally sleeps
- Bed bugs are unlikely to be active during the day unless seeking a meal
- Bed bugs are big enough to be seen with the naked eye (an adult is 6mm long)
- Bed bugs do not fly or jump

The following will help you not to pick up bed bugs:

- Learn how to identify bed bugs (see photo)
- When visiting, bring in only what you need and avoid placing bags close to walls and furniture (or at a minimum place on a hard surface)
- If possible, stand rather than sit, or avoid sitting on furniture with fabric - wood or metal chairs are better
- Inspect shoes, clothing, and belongings after leaving
- If you find any bed bugs kill them immediately
- Put work clothes in the dryer for at least 60 minutes on medium to high heat when you get home
- Consider using disposable, protective clothing such as shoe covers and coveralls

HOW TO GET YOUR HOME READY FOR A BED BUG TREATMENT



If assistance is needed please call
(867) 633-7833 ext. 401

Myths and Facts about Bed Bugs

Myth: Bed bugs are too small to see.

FACT: Although they may be hard to find because they hide well, bed bugs are big enough to be seen with the naked eye. They look similar to an apple seed, both in size and appearance.

Myth: Bed bugs are only found in shelters; only poor people or dirty people get them.

FACT: Bed bugs can be found in hotels, motels, dormitories, apartments, condos, private homes, and even in some public places, such as stores and offices. Anyone can get bed bugs.

Myth: Walking into a room that has bed bugs means you will get bed bugs.

FACT: Bed bugs do not jump. They spend most of their time hiding and are usually active at night. They generally avoid light and do not like to be disturbed.

Myth: Bed bugs cause disease.

FACT: There is no evidence that shows bed bugs transmit disease. But bed bug bites can cause allergic reactions in some people, similar to a mosquito bite. Scratching the bite marks or picking the scabs can cause infections. People with very bad and/or repeated infestations can feel anxious, worried or ashamed.

Myth: Chemicals/pesticides will kill bed bugs.

FACT: Pesticide application alone will not kill bed bugs at all stages. Successful treatment depends on an integrated pest management approach which involves vacuuming and steaming, washing belongings and sealing areas and gaps where bed bugs can hide. Always contact a **licensed** pest management professional to treat bed bugs.

This brochure shows you how to get ready.

Follow it carefully.

Your landlord will tell you if your home will soon be treated for bed bugs.

If assistance is needed please call (867) 633-7833 ext. 401

In the Kitchen

Put away all food, dishes, pots and pans and other small kitchen items in closed cupboards, drawers or sealed storage containers.

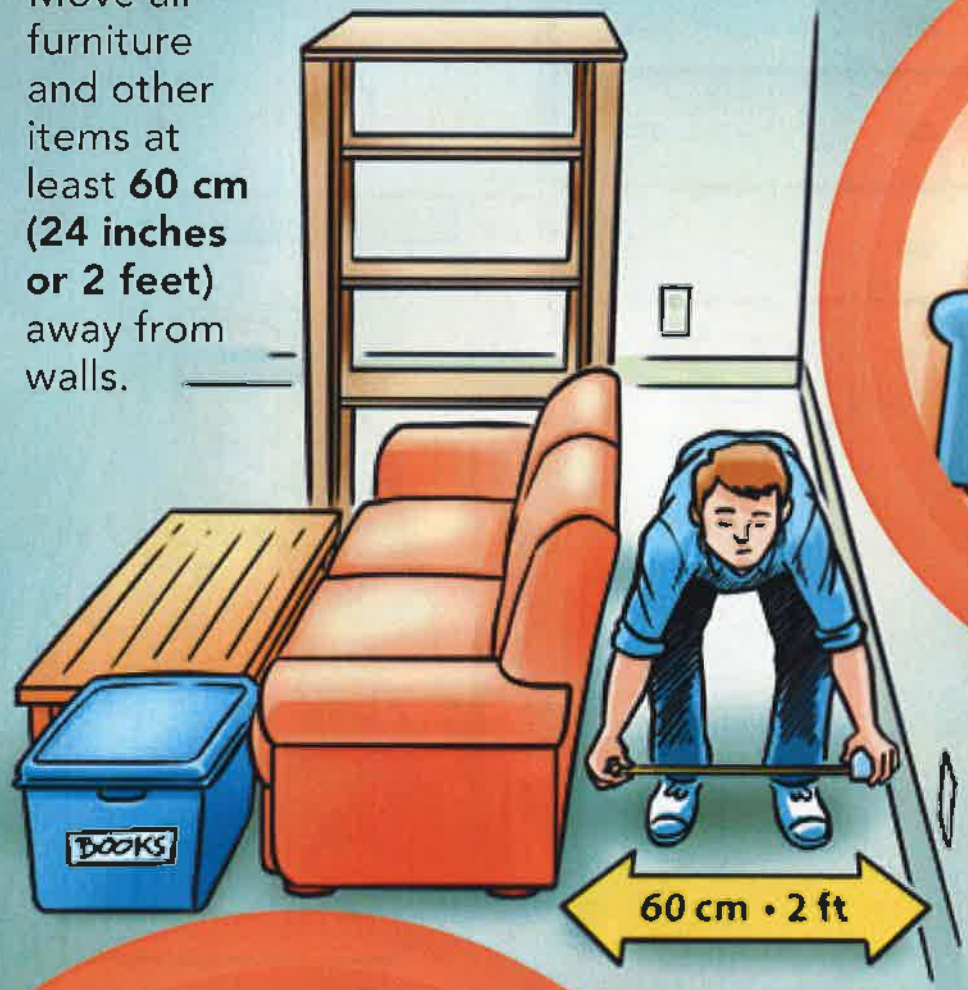
REMOVE ALL ITEMS FROM THE TOP OF:

- counters
- fridge
- stove
- microwave
- toaster oven
- dishwasher
- other appliances

Sweep or vacuum the kitchen floor before treatment.

In the Living Room

Move all furniture and other items at least **60 cm (24 inches or 2 feet)** away from walls.

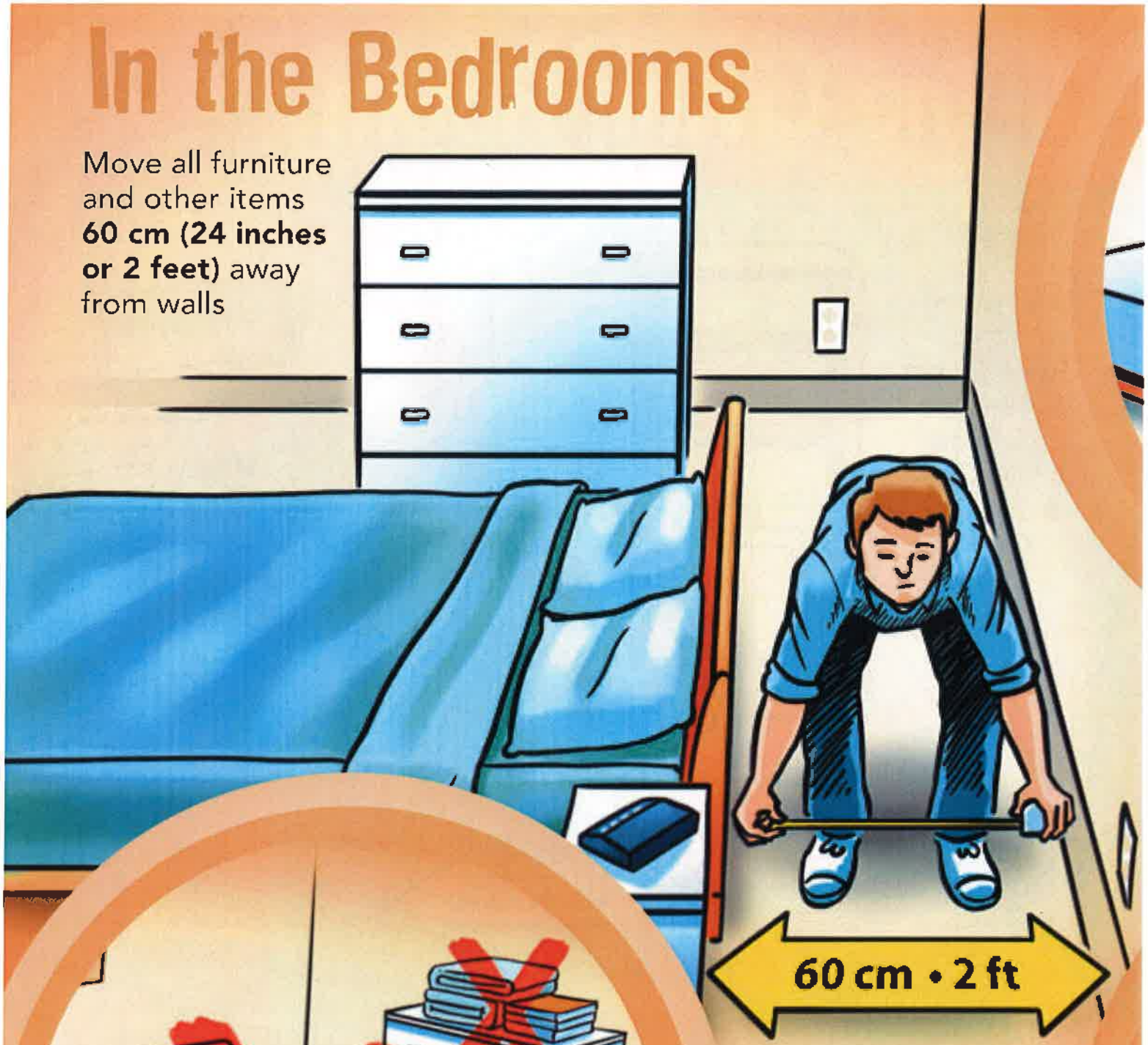


Do not put small items on top of a couch or other furniture.

Sweep or vacuum the living room before treatment.

In the Bedrooms

Move all furniture and other items **60 cm (24 inches or 2 feet)** away from walls



Put small items in closed drawers or storage containers. Do not leave items on top of beds, dressers, or other furniture.

Take all sheets, pillow cases and blankets off the beds.

- Put in plastic garbage bags, tie tightly, and mark with **"To Wash"**.

- Wash as soon as you can with hot water and dry for at least **60 minutes** on high heat.

Do not put clean sheets, pillow cases and blankets back on beds until treatment is complete.

Sweep or vacuum all bedrooms before treatment

In the bathroom

Do not put toilet or bathroom items (toilet paper, shampoo, make-up, towels) on top of furniture.

Move all furniture and other items at least **60 cm (24 inches or 2 feet)** away from walls.

Put all towels and bath mats in a plastic garbage bag, tie tightly, and mark with "To wash".

- Wash as soon as you can with hot water and dry for at least 60 **minutes** on high heat.
- Do not put clean towels and carpets in the bathroom until the treatment is finished.

In Closets and Storage Rooms

Take everything off closet floors.
Do this in every room --
bedrooms, living rooms, bathrooms
and hallways.

In rooms you keep things like bikes, toys, toolbox, or exercise equipment, move all items at least **60 cm (24 inches or 2 feet)** away from the walls.

Sweep or vacuum all closet floors and storage rooms before treatment

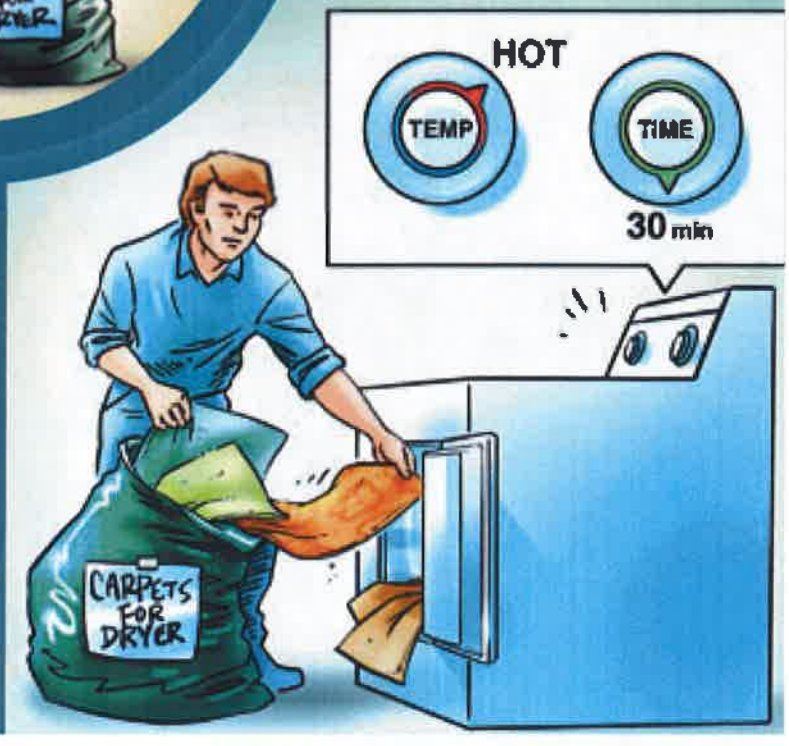
Laundry and Clothing

Be sure to put any laundryand clothing in plastic garbage bags, tie tightly, and mark with **"To Wash"**.

- Wash as soon as you can with hot water and dry for at least 60 **minutes** on high heat.
- Clean linens and clothes can be placed straight into the dryer on high heat for at least 60 minutes.
- After washing, put clean items in new plastic bags and do not open until your treatment is finished.

If you have small rugs and carpets that cannot be washed:

- Put them in plastic garbage bags and close tight.
- As soon as you can, put them in a dryer on high heat for at least 60 minutes.
- After drying on high heat, place carpets in new plastic bags, and do not open until your treatment is finished.



Your pets and plants

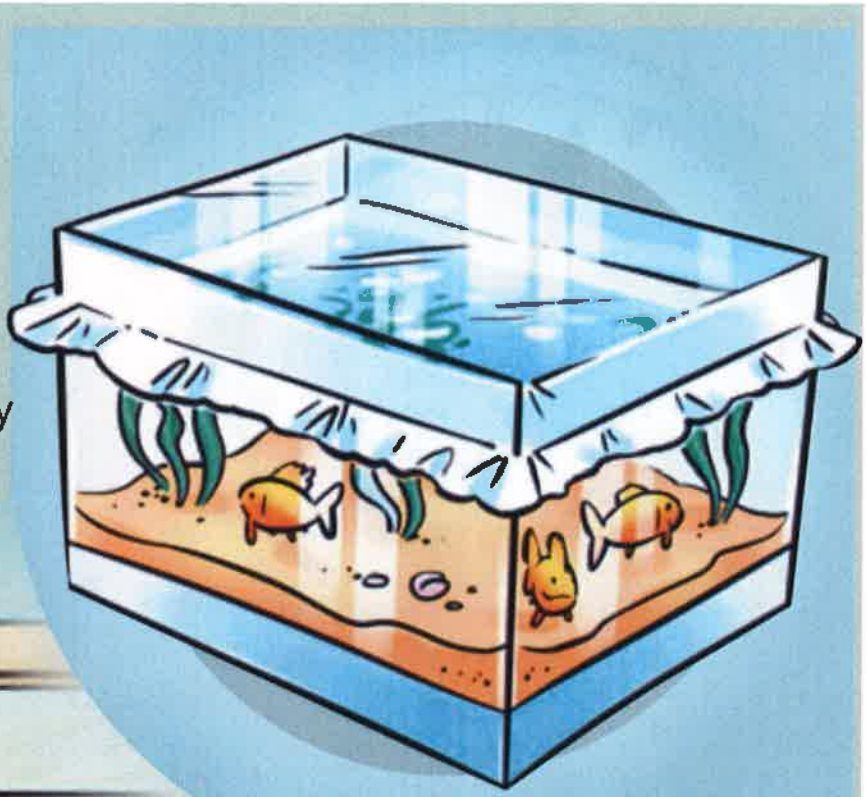
Take your pets with you when you leave your home, before treatment starts .

- Keep pets away from the home for a **minimum of 12 hours** after treatment.

All kinds of pets must be moved - from birds to rabbits, hamsters, cats, dogs and fish in small bowls.

Fish in a big aquarium can stay in your home.

- Cover the tank tightly with plastic.
- Feed the fish and turn off any water pump before leaving.



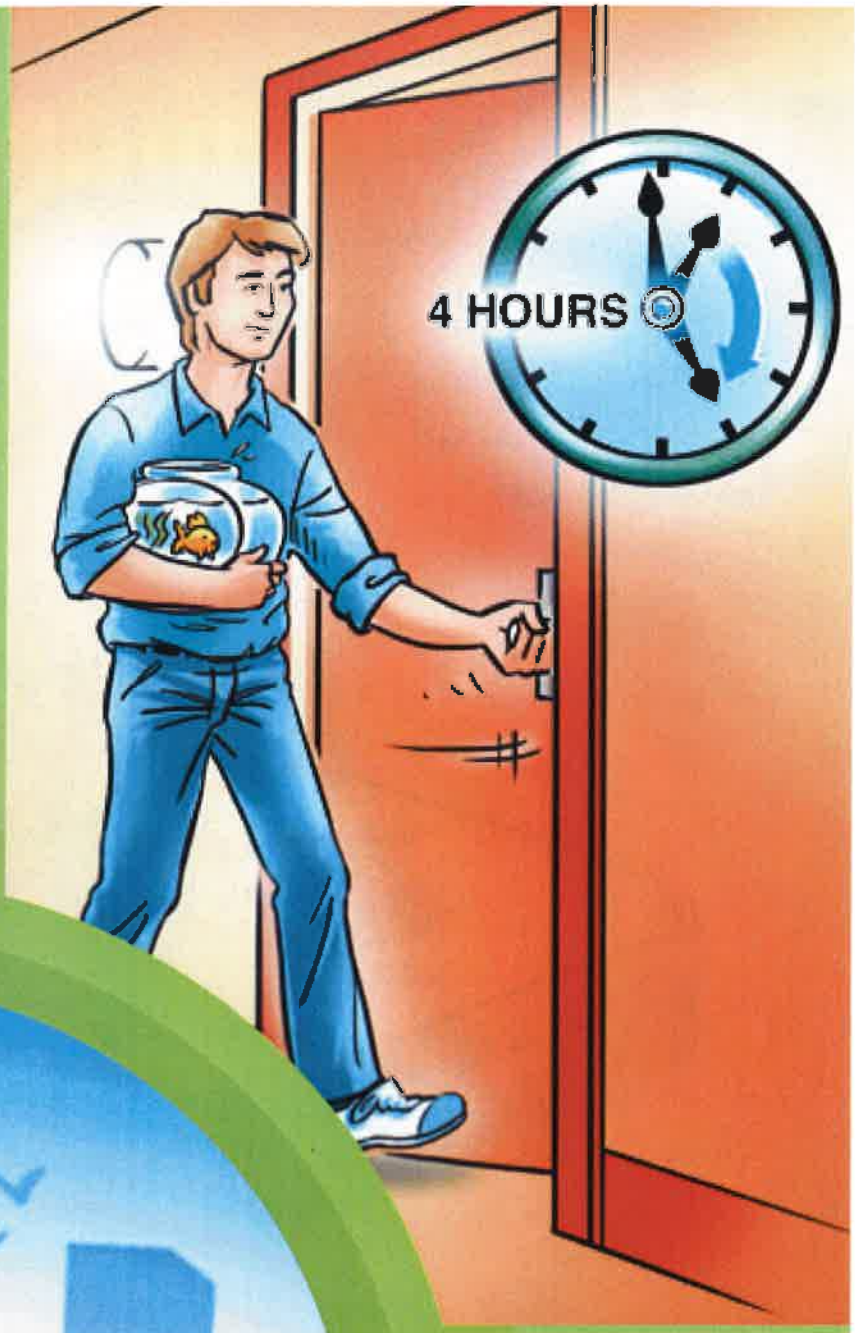
Plants can stay in your home.

- To keep them safe, move them away from windows and walls.

You and your family

You must leave your home, before treatment starts.

- Stay away from your home for a minimum of 4 hours.



STAY AWAY FROM YOUR HOME FOR A MINIMUM OF 12 HOURS IF YOU, OR SOMEONE:

- has breathing problems
- is pregnant
- is a baby under 18 months old

After treatment

When you return home:

- do not wash floors around walls, or windows, for **2 weeks**
- sweep or vacuum floors every day, for **1 week**

If a mattress cover is put on your bed during treatment, it must be left on.

- **Never** take the cover off your mattress.

Open plastic bags with clean blankets and sheets for your beds.

Open plastic bags with clean clothes and other laundry.

It is o.k. to put all your furniture and other items back in place.

VERY IMPORTANT:

- If you find any plastic bags with **"dirty laundry"** or **"to be washed"** -- do not open
- Remove these bags from your home and wash items, as soon as you can.