

BITE BACK

Tips on Identifying,
Combating, and
Preventing Bed Bugs

What are bed bugs?

- ▣ Bed bugs are small wingless insects that feed on the blood of people and animals
- ▣ Bed bugs usually hide from light
- ▣ Bed bugs cannot fly or jump
- ▣ Bed bugs do not live on people but live near them
- ▣ Bed bugs do not spread disease

What do they look like?







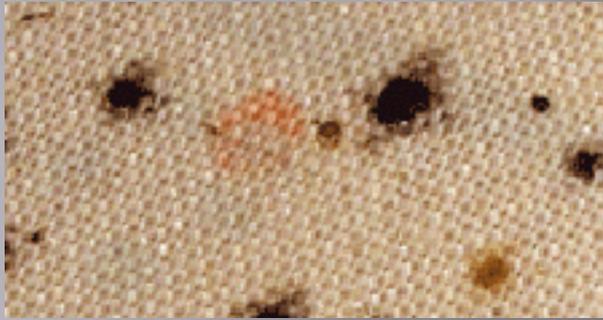
How do I know if I
have bed Bugs

Do Have Bites?





Do you see feces, skins or blood stains?



Credit: <http://www.co.ramsey.mn.us>



by Lavinia of BedBugs.com

05/18/2010



Where Do I Look For Bed Bugs?

Bed



Timothy Myles

Bed



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Couch



Couch



Baseboards



Dresser



How do bed bugs get into my home?





I found Bugs! What's next?

- ▣ Notify your landlord immediately! Tell him/her you think you have bugs.
- ▣ Your landlord is responsible to have the suite professionally inspected and exterminated.
- ▣ Your landlord is responsible to provide you with a set of instructions from the exterminator to prepare your suite for extermination.
- ▣ If your landlord does not respond to your request, call the Bed Bug Hotline for assistance (I have cards).
- ▣ The Bed Bug Hotline will send out an inspector to determine if bed bugs are in your building and, issue an order to treat.

Do not self treat! This may spread the infestation within your suite or to surrounding suites!!!!



ELIMINATE CLUTTER!















Preparation

- It is very important that tenants follow the preparation guidelines provided by their landlord or hired pest control contractor.
- Proper preparation is key to reducing to eradicating bed bugs.
 - Provides access to all areas for treatment
 - Removes harbourage locations
 - Reduces physical activity at location



Fighting bed bugs takes time!

- ▣ It is your landlords responsibility to treat for bed bugs, it is your responsibility to co-operate. You can be held financially responsible or be evicted if you do not co-operate.
- ▣ Combating an infestation requires an IPM approach.
- ▣ In most cases, your suite will require two or more treatments.
- ▣ Preparation and cooperation between landlords and tenants is essential.
- ▣ Continue to monitor after treatment (traps , look for sign etc.)

Do I Need to Leave My Suite?

- ▣ Yes! You need to make arrangements to be out of your suite for 4-6 hours.
- ▣ If you have allergies, asthma, children under 4, are pregnant, or have other respiratory problems you should leave for 12-24 hours.
- ▣ Birds and pets should be removed for 4-6 hours.
- ▣ Fish tanks must be covered with the pumps turned off. Your exterminator should provide you with similar information. Follow your exterminators advice.
- ▣ If you are on EIA and need to be out of your suite overnight for health reasons, and have nowhere to stay, contact your EIA worker to ask about a hotel stay.

Continued Prevention

- ▣ Discarded items should be slashed, wrapped, and marked with bed warning tape. (see me for tape)
- ▣ DO NOT drag or carry infested furniture down the hallway for disposal. Wrap it first!
- ▣ Be community diligent. If there is furniture in your back lane, tape it. If your neighbour brings it in, you are back to square one!
- ▣ Be aware when buying second hand goods. Ask the provider if they have a bed bug strategy, inspect clothes diligently and place them in a dryer if in doubt.
- ▣ Avoid transferring bed bugs to other locations, do not leave items such as clothing beside your bed for harbourage.
- ▣ Inspect for bed bugs when staying at a hotel or other locations
- ▣ Inspect your belongings after returning from a trip or staying elsewhere.

Continued Prevention



What if I want to Move?

- ▣ Heat treatment is a cost effective way to prepare your items for moving.
- ▣ Much more affordable than replacing items.
- ▣ WEC



Bedbugs –don't bring them home!

If you visit someone who has bedbugs

- They probably won't find you in a few minutes!
- Unless it is a really bad infestation bed bugs are likely to stay in the bedroom.
- Sit on hard surfaces - soft cloth chairs can hide the bugs
- Keep your jacket on or hang it up
- Don't put your bag on the floor
- Stomp off your shoes when leaving
- Brush off your clothes
- Change clothes before you go into your bedroom. Maybe in the bathtub so that if one drops off of your clothing you can

Additional Resources

- ▣ www.bitebackwpg.com
- ▣ Province of Manitoba Bed Bug Website – www.manitoba.ca/bedbugs , ph. 1-855-3MB-BUGS(1-855-362-2847) or email: bedbugs@gov.mb.ca

Additional Resources

- ▣ MGR Bug 'N' Scrub.
- ▣ Traps, interceptors, prevention tape.
- ▣ Educational Handouts.
- ▣ ME!