

Check your home for bed bugs

SIGNS IN AND AROUND THE BED:

- Little black fecal spots
- Dried blood stains from bites
- Bug shells or skin shed
- Tiny eggs, looking like rice



What to do if you have bed bugs?

- Clean bedding, clothes and affected items (see Cleaning methods page).
- Store clean items in sealed containers, wrap mattresses in plastic.
- Move bed away from the wall and furniture.
- Vacuum molding, windows, and floors daily. Seal and discard the vacuum bag immediately.
- Beware of pesticides**, only trained professionals should apply them.
- Contact your housing department or professional exterminator.**

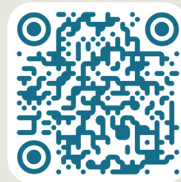
Bed bugs in your home?

If you are a tenant, contact your housing department.

If you are a homeowner, contact a professional exterminator.



For more information visit our health tip:



[creehealth.org/
health-tips/bed-bugs](https://creehealth.org/health-tips/bed-bugs)



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BED BUGS

PREVENTION PROTOCOL

Learn to identify, prevent and get rid of bed bugs.



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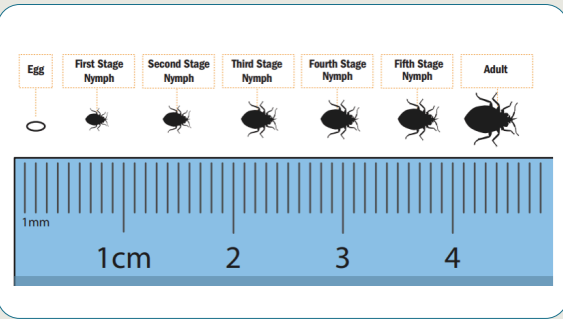
What are bed bugs?

WHAT ARE THEY?

Bed bugs are biting insects that feed on people's blood while they sleep.



They look like flat apple seeds (4 - 7 mm long). They do not fly or jump.



Bed bugs often live in bedrooms and are active at night. They do not live on people directly.

WHERE TO FIND THEM?

- Folds of mattresses or pillows
- Upholstered furniture
- Behind baseboards
- Floor gaps
- Behind posters or wallpaper
- Curtains

Bed bugs are pest that bite and may affect your mental health.

Health effects of bed bugs

PEOPLE CAN WAKE UP WITH ITCHY BITES:

- Similar to mosquito bites.
- Arranged in a straight line or clustered on arms, shoulders, back, belly or legs.
- Scratching may lead to skin infections in rare cases.

Bed bugs do not transmit diseases to humans but may lead to emotional distress, sleep problems and isolation.



Who is at risk?



Anyone can have bed bugs. People who travel, visit shelters, recently moved or use second-hand items may be more at risk.

How to prevent bed bugs?

- Check beds regularly for bed bugs.
- Inspect second-hand mattresses, fabric and furniture before bringing them home.
- Reduce household clutter.
- Use a bed-bug proof mattress cover.
- Clean new or infected items using recommended methods below.

CLEANING METHODS:

Items in the **dryer** at high heat for at least 30 minutes. **The hotter the better.**



OR

Items in the **washing machine** at the hottest cycle. Water should fully cover the fabrics.

Use a **steam cleaner** for items that cannot go in the washer or dryer.



Place other items in your **freezer** at **-18 °C (0.4 °F)** or colder for a minimum of 4 days.

