

# Don't Let the Bed Bugs Bite!

## Identifying Bed Bugs

Accurately identifying bed bugs is critical before treatment. There are many bugs that look like bed bugs.



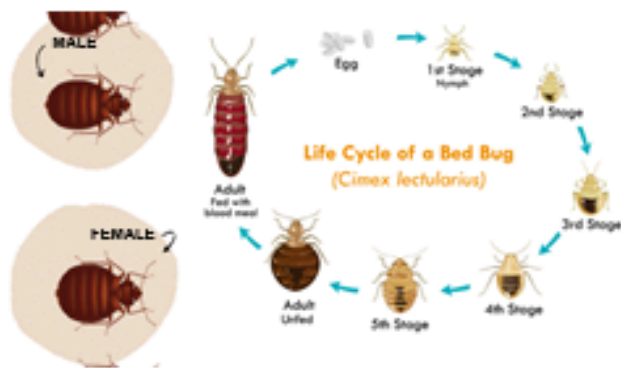
## Signs of Bed Bugs

There are many different signs of bed bugs to be aware of.



### ADULT BED BUGS

- Size of a sunflower seed
- Long, brown, flat, oval body (if not fed recently)
- Balloon-like, red/brown, more elongated body (if fed recently)



### SIGNS OF BED BUGS

- Stains on mattress with a rust or reddish colour (caused by bed bugs being crushed)
- Dark spots on mattress – often look like pepper flakes (these are bed bug droppings)
- Pale/yellow eggs and eggshells (about 1mm)
- Bed bug bites that appear in a line or grouped together (usually on areas not covered by clothing) Live bed bugs

### PLACES WHERE BED BUGS HIDE

- When bed bugs aren't feeding, they can be found hiding in a variety of places such as:
  - Around the bed
  - Near the piping or in the seams of the mattress
  - In the tags of the mattress or box spring
  - In cracks in the bedframe or headboard
  - In the seams of couches and chairs as well as in between cushions
  - In the folds of curtains
  - In drawer joints or electrical outlets
  - In/on items hanging on the walls
  - In luggage
  - On wicker furniture

## Prevention

Focusing on preventing bed bugs is greatly beneficial.



- Check all furniture that you purchase secondhand before bringing it home
- Make sure you have protective covers on your box springs and mattresses
- Keep the clutter in your home to a minimum
- Vacuum regularly and frequently
- Wash your bed sheets and blankets once per week
- Never pick up old mattresses
- When traveling, check the inseams of the bed before you unpack and lay down
- Use bed bugs traps

### TIP

Bed bugs can hide in cracks and crevices the width of a credit card!

## Treatment

Treatment of bed bugs can take weeks to months.

### BED BUG TREATMENT OPTIONS

- Before grabbing the spray can, try non-chemical treatment options such as:
  - Heat treatment – use a dryer on high heat, place your belongings in black plastic bags in a car under the sun, or refer to your Tribal government for prevention and treatment options
  - Steam treatment – the steam temperature must be at least 130°F but should not be forceful air or bed bugs might scatter. Steam can be used to treat carpets, bed frames, and other furniture

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