

# Bed Bugs

Bed Bugs are becoming more common in many settings across Canada. They can be found in private homes, rental accommodations, hotels/motels, care homes and other settings. In most cases people carry bed bugs into their homes unknowingly in infested luggage, furniture, bedding or clothing.



Bed bugs are small reddish brown, flattened parasites (up to 10 mm long) with an oval shaped wingless body. They can feed on the blood of humans and other animals. Itchy welts on skin and/or black or brown spots on mattress sheets, bed frames or walls often indicate that there is a bed bug infestation. Bed bugs do not pose a major health risk and are not known carriers of blood-borne diseases.



Did you know:

- Bed bugs often feed at night and hide during the day;
- Bed bugs prefer dark areas;
- Bed bugs tend to hide near the bed or where the person normally sleeps;
- Bed bugs are unlikely to be active during the day;
- Bed bugs are large enough to be seen with the naked eye;
- Bed bugs do not jump or fly;
- Bed bugs can hitchhike on bags, clothing and other belongings.



For more information on bed bugs please visit the following links:

<http://www.healthlinkbc.ca/healthfiles/pdf/hfile95.pdf>

<http://www.toronto.ca/health/bedbugs/factsheets.htm>

<http://video.nationalgeographic.com/video/player/animals/bugs-animals/other-bugs/bedbugs.html>

[http://www.hc-sc.gc.ca/cps-spc/pubs/pest/\\_pnotes/bedbugs-punaises-lits/index-eng.php](http://www.hc-sc.gc.ca/cps-spc/pubs/pest/_pnotes/bedbugs-punaises-lits/index-eng.php)