



RUNNYMEDE
HEALTHCARE CENTRE

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Runnymede Healthcare Centre receives funding from the Toronto Central Local Health Integration Network. The opinions expressed in this publication do not necessarily represent the views of the Toronto Central Local Health Integration Network.

Bedbugs (*Cimex lectularius*)

FOR MORE INFORMATION,
CONTACT INFECTION CONTROL
AT 416.762.7316, EXT. 2238.

We make it possible.

Preventing bedbug infestations

WHAT ARE BEDBUGS?

A **BEDBUG** is a fast-moving, nocturnal insect that feeds on blood. They are dark red or brown in colour, roughly the size of a grain of rice and most active during night hours.

In the last decade, there has been an 80% increase in bedbug extermination calls as bedbug infestations have become more common.

CAN I GET SICK FROM BEDBUGS?

There is no known infectious disease transmitted by bedbug bites. Scratching the bitten area can lead to skin infection.

WHAT ARE THE SYMPTOMS OF A BEDBUG BITE?

Bedbug bites are typically itchy, red welts that appear in a linear pattern of three on the skin.

Reactions can take up to 14 days to appear.

WHERE CAN BEDBUGS BE FOUND?

Bedbugs can most commonly be found in the following places:

- Mattresses, bed seams and box springs
- Headboards and frames
- Ceilings and fixtures
- Floorboards and carpets
- Molding
- Cracks and crevices.

HOW TO TREAT INFESTATION AT HOME

If you think you might have bedbugs at home, consult with your local health department or a professional pest control operator for confirmation.

- Vacuum your mattress and encase it in a sealable mattress cover to prevent entry of bedbugs
- Eliminate clutter around the home by tidying bedrooms and living areas, and organizing belongings
- Wash items in water at temperatures of at least 50° C and dry at a high heat
- Steam clean items that can tolerate temperatures between 50° and 90° C for at least two minutes.

HOW TO PREVENT A BEDBUG INFESTATION

The following are some useful practices that will prevent bedbug infestation:

- When travelling, keep luggage off the floor and away from the bed
- Use a sealed garbage bag to protect your luggage when staying in hotels
- Keep clothing in sealed bags until it can be washed
- Use a flashlight to illuminate dark spaces when searching for bedbugs—these areas are prime hiding spots for bedbugs
- Take caution when bringing home used furniture or clothes, and make sure to inspect used items carefully for rust-coloured spots, which are a warning sign.

ALWAYS REMEMBER

Abandoning a room that has bedbugs will not get rid of the problem. Bedbugs can live for up to a year and will travel great distances to find a meal.

Bedbugs infest a number of areas, so make sure you properly clean or discard any surface or object (in addition to furniture and bedding) that contains bedbugs.