



# Bed Bug Prevention

## How are bed bugs spread?

Bed bugs cannot fly or jump but can hide in extremely small locations because of their flat bodies. This can include:

- Seams and folds of mattresses and box springs
- Cracks in bed frame and head board
- Between cushions of chairs and couches
- Behind baseboards or electrical plates and under loose wallpaper or paintings
- Cracks in plaster and floor

Bed bugs can be carried into a home on objects such as furniture, clothing, or luggage. Bed bugs can also travel from apartment to apartment along pipes, electrical wiring and other openings. Bed bugs do not indicate a lack of cleanliness.



Courtesy of Centers for Disease Control and Prevention

## What are signs of a bed bug infestation?

Indications of bed bugs include bites and dark spots of dried feces or molted skins from immature bed bugs on mattress, sheets, bed frames or walls.

Bed bugs hide in many tiny places. A thorough search is needed to find all the adult and immature bed bugs plus hiding places where eggs have been laid. Carefully examine mattresses and headboards, upholstered couches and chairs, night tables, dressers, baseboards, electrical outlets, light switch plates, items stored near or under the bed, carpeting or rugs, and inside clocks, phones and smoke detectors. Because bed bugs travel easily, you may have to search nearby rooms or other apartments.

Consult with a licensed pest control operator to confirm a bed bug infestation



Courtesy of City of Winnipeg

## How can a bed bug infestation be prevented?

Regular house cleaning, including vacuuming your mattress, can prevent an infestation. Clean up clutter to help reduce the number of places bed bugs can hide.

Be cautious about taking in second-hand furniture, bedding, mattresses or beds. Inspect for signs of bed bugs before bringing them home. Bring second-hand clothing home in well sealed plastic bags and launder immediately or put clothing in a drier for 5 minutes on a hot setting.

When you travel, inspect the room and furniture, including the mattress and headboard, for signs of bed bugs. Protect luggage and do not place suitcases on the bed or floor.