

How do I stop bed bugs from getting into my home?

To lower the chance of getting bed bugs:

1. Carefully check used furniture or clothing before bringing it into your home.
2. Do not bring in furniture that has been thrown away such as mattresses, bedding, or upholstered furniture.
3. Inspect and clean box spring, mattress, bedding and clothes regularly.
4. Eliminate clutter! Getting rid of clutter will reduce hiding places & will make it easier if treatment is needed.
5. Store unused items in closed plastic containers.

If your mattress has been infested, you may want to buy special covers for your box spring and mattress from a pest control company.

How do I treat bites?

Suggestions for the treatment of bites include:

1. Keep the bites clean (wash with antiseptic soap and apply antiseptic lotion to reduce risk of infection).

2. Try not to scratch bites. Ointments can be applied to help resist the urge to scratch.
3. Apply an ice pack often to help relieve swelling.
4. See your doctor if the bite becomes infected or if you have a severe allergic reaction

Can I get sick from bed bugs?

Bed bugs are annoying but are not considered a health threat. As with any bug bite, there is a small risk of allergic reaction.

Please contact your Tenant Support Representative for more information.



Niagara Regional Housing

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What You Should Know About



Bed Bugs



**Bed bugs can happen to anyone, anywhere.
When dealing with bed bug control, quick action is important.**

What are bed bugs?

Bed bugs are small insects that feed on human blood. Although they like to hide, they are about the size of an apple seed and can be easily seen. Adult bed bugs have flat, rusty-red coloured oval bodies and no wings. When they feed, they swell and become brighter red. They do not fly or jump, they crawl.

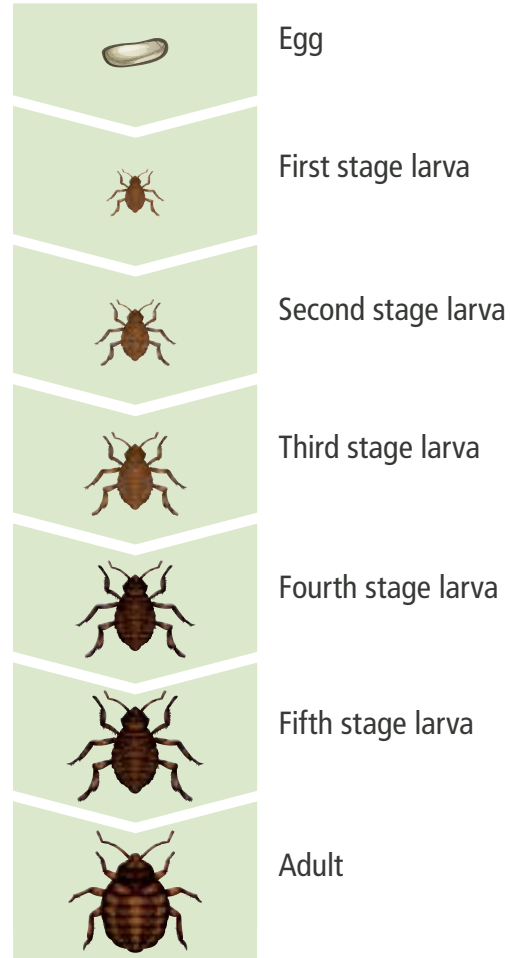
What are the signs of bed bugs?

In the early stages, bed bugs can be found in seams and folds of mattresses and in bed covers. Later they spread to cracks and crevices in bed frames and boxes. If they multiply, you will find them behind baseboards, windows, door casings, pictures, moldings, furniture, loosened wallpaper, cracks in plaster and partitions.

Look for:

- Blood spots on sheets or small dark spots in and around the seams of the mattress
- Live bugs on top of or in the cracks of the bed or other furniture
- Bite marks that itch

Bed bug life cycle



What should you do if you suspect you have bed bugs?

You will not be able to get rid of bed bugs on your own. Call Niagara Regional Housing (NRH) and report the problem immediately to your Tenant Support Representative (TSR).

Do not remove anything from your unit. If necessary, NRH will perform this task for free. Infested items require wrapping to stop the spread of bed bugs to common areas, or other units, when being removed from your unit and the building.

A pest control technician will be called to your unit to confirm bed bugs. If your unit needs treatment, the technician will give you instructions on how to prepare your unit for treatment.

There is no cost to the tenants for the treatment of bed bugs. Treatment depends on the combined efforts of the tenant, NRH and the pest control technician. Tenants must cooperate with NRH's efforts to control bed bugs.