

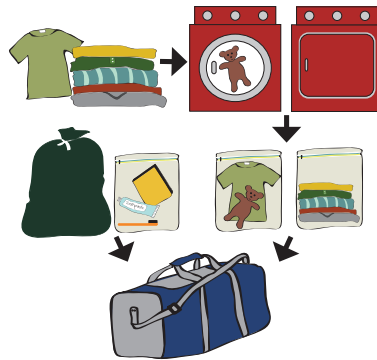
Be Bed Bug Aware!

Do Your Part and Travel Smart!



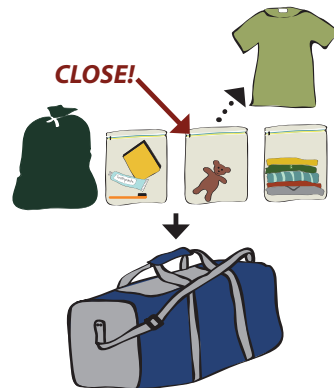
Being bed bug aware is an important part of being a **SMART TRAVELLER**. If there might be bed bugs where you live, please **TRAVEL SMART** so they don't travel with you. Being a **SMART TRAVELLER** is easy as 1 - 2 - 3.

1 Be Prepared Leaving Home



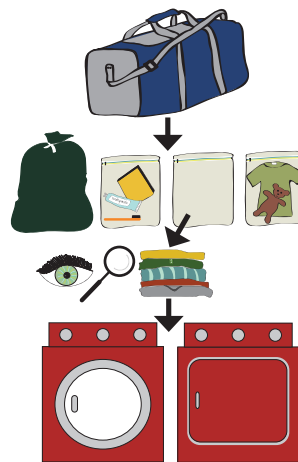
- bring freshly washed and dried clothes and bedding
- when you take them out of the dryer, immediately put them in plastic bags you can seal or tie (garbage bags are fine)
- put non-washable items in ziplock bags

2 Be Smart at your Destination



- keep clothing (or other items) in sealable plastic bags
- when you take something out, seal or tie the bag

3 Be Cautious Returning Home



if you are concerned...

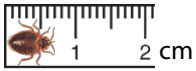
- unpack in a garage, basement, balcony or porch – avoid living spaces
- inspect all items carefully
- immediately wash clothes & bedding in hot water then place in the dryer (minimum: 20 minutes, hot setting)
- hot dry anything else that is dryer safe for at least 20 minutes — **heat kills bed bugs!**

Did you know that bed bugs are...

- not associated with cleanliness – anyone can be affected
- an increasing problem in Toronto and the GTA
- found in many countries around the world and have been discovered everywhere, including the finest hotels
- “hitchhikers” and can travel easily from place to place, especially in luggage and backpacks
- annoying pests that we are ALL at risk of transporting so we all need to take responsibility and **TRAVEL SMART!**

Bed Bug Basics

What are bed bugs?



actual size:
about 6mm

- they are colourless, flat insects about 6mm (1/4 inch) long with oval bodies and no wings

- when they feed on human (and animal) blood they become dark red and bloated; both male and female bed bugs bite
- bed bugs prefer to hide during the day and search out people to feed on at night
- look for eggs the size of a pinhead and laid in clusters of 50 - 100 in crevices and cracks
- there are no known cases of infectious disease transmitted by bed bug bites
- most people are not aware that they have been bitten although some people are more sensitive and may have a slight reaction

How do I prevent getting bedbugs?

- even though the cleanest homes and hotels can have bed bugs, regular house cleaning, including vacuuming your mattress, can help to prevent an infestation
- cleaning up clutter helps reduce the number of places bed bugs can hide
- if buying used furniture or clothes, inspect the used item carefully, and ask the retailer if the items were checked for bed bugs
- use caution when bringing home used furniture or clothes from the curb side; these items may be infested with bed bugs
- take precautions when travelling:
 - inspect the room and furniture especially all cracks and crevices of the mattress and box spring; look for blood spots or live bedbugs
 - even if you do not find bedbugs, keep all your belongings in your luggage and wrap your luggage in plastic (a garbage bag works well) to help prevent bed bugs from entering your luggage
 - keep luggage on a shelf or away from the floor
 - if possible, move the bed away from the wall; tuck in all bed sheets and keep blankets from touching the floor
 - upon returning home, keep your luggage in an isolated area of your home, such as the garage
 - inspect your luggage; wash all your clothes in the hottest water possible and put them in a hot dryer for 20 minutes

How could I get bed bugs?

- having bedbugs has nothing to do with cleanliness
- bedbugs are hitchhikers; they can easily be carried into a home on clothing, backpacks, luggage or furniture
- bed bugs can also travel from apartment to apartment along pipes, electrical wiring and other openings

Where should I look for bed bugs?

- in the cracks and crevices of a mattress and box spring
- between the folds of curtains
- in drawers
- behind baseboards, and around window and door casings
- behind electrical plates and under loose wallpaper, paintings and posters
- in cracks in plaster
- in telephones, radios, and clocks
- **NOTE:** if the infestation is heavy, a sweet smell may be noticed in the room

For more information, point your browser to:

City of Toronto: <http://www.toronto.ca/health/bedbugs/index.htm>

Government of Canada: <http://www.hc-sc.gc.ca/cps-spc/pest/part/protect-proteger/bedbugs-punaises-lit/index-eng.php>