

Preparation Companies

Community Resources

Bed Bug Life Stages

Below are a list of companies that will assist with preparing your home for treatment. The cost of the preparation service may be up to you to pay.

The Housing Help Centre does not endorse any of these companies. They are for reference purpose only.

ResQ Canada	289-489-0678
Truly Nolen	1-888-832-4705
Petty Pest Control	289-439-4343
Thermall Pest Control	905-390-1809
Rat Lab	1-844-944-0844
Terminix Pest Control	416-889-5585
Embros Pest Control	905-578-9494

Public Health Bed Bug Reporting

905-546-3570

Hamilton Community Legal Clinic

905-527-4572

Hamilton Housing Help Centre

905-526-8100

Landlord and Tenant Board

1-888-332-3234

HALO Home and Life Organizers

519-465-6625

YWCA Developmental Services

905-522-9922

Gatekeepers

905-527-3823 Ext 279

Niagara Local Health

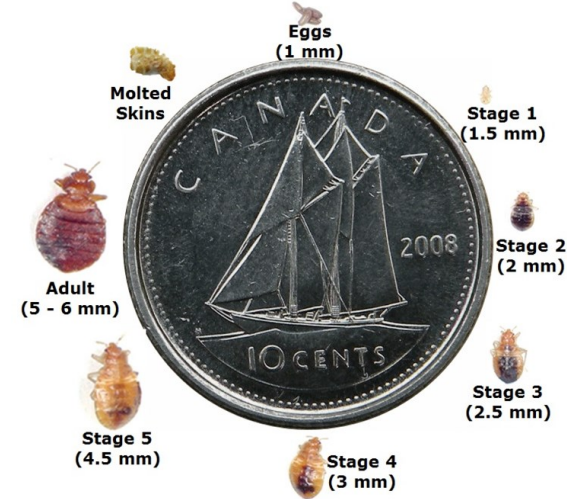
905-684-9441

Helping Hands

905-546-3057

Victoria Order of Nurses

905-529-0700



Bed Bug Tool Kit for Tenants



Housing
Help Centre
Hamilton & Area

119 Main Street East

Phone: 905-526-8100

Fax: 905-528-1448

What are bed bugs?

- Bed bugs are parasites that feed on blood
- For a bed bug to go through all life stages, from egg to adult, it takes approximately 5 to 6 weeks
- Bed bugs have to feed in order to move from one life stage to the next
- Bed bugs are attracted to carbon dioxide; they are not attracted to clutter
- Adult bed bugs are approximately the size of an apple seed and are reddish-brown in colour
- Bed bug eggs are approximately the size of a pin head, are white in colour and look like a grain of rice

What do I do if I find a bed bug?

- Do not panic
- Tell your landlord or property manager
- Do not throw out any items—often furniture can be treated
- Follow the prep sheet you are provided by the treatment company and/or landlord
- If you are not provided a prep sheet, request one for the treatment company and/or landlord

How to prevent bed bugs?

- Keep your home with minimal clutter. Bed bugs like to hide in cracks and crevices. The less clutter there is in your home, the less places bed bugs have to hide.
- Use encasements on all mattresses and boxsprings. This will prevent bed bugs from getting into the mattress and boxspring.
- Use moats/inceptors to track any bed bug activity in the home.
- Do not take second hand furniture from stores, off the roadside and/or friends, family or professionals. The furniture may have bed bugs; not all people are aware of bed bug activity in their furniture.
- Make your bed an island. Keep it six (6) inches away from the walls. This prevents bed bugs from crawling up the wall and falling into the bed or crawling into the bed.
- Keep floors clear of clothes, blankets, pillows, and stuffed toys that kids sleep with.
- If you have been somewhere, where you believe you have come into contact with bed bugs, change your clothes immediately upon entering your home. Put the clothes that you were wearing in the dryer for a minimum of 60 minutes. The heat of the dryer will kill any bed bugs.

What do I need to do to prepare my home?

- All laundry needs to go in the dryer on high heat for a minimum of 60 minutes. If laundry is dirty put it through the washer on hot water then the dryer on high heat for a minimum of 90 minutes.
- Laundry includes blankets, towels, jackets, stuffed animals and pillows.
- Vacuum and steam. This needs to be done to all floors, baseboards, couches, chairs and mattresses. If you do not have a steamer then at minimum, vacuum .
- **ALL** items need to be bagged or put in click-lid containers. There should only be furniture remaining in the home. The bags or containers should then be stored neatly either on the balcony or in the middle of the room.
- Outlet/electrical covers will need to be removed. Ask your landlord and/or property manager for assistance with this task.
- It is imperative to the success of the treatment that the home is prepared properly. As well, all items should remained bagged between treatments.
- If you are not able to complete the required prep work, contact your landlord and/or property manager to advise them. They have a duty to accommodate, which differs in every situation.

Myths Vs. Facts

Myth	Fact
Only dirty people get bed bugs.	Bed bugs are attracted to carbon dioxide and blood, the cleanliness of a person does not matter.
Bed bugs can jump and fly.	Bed bugs do not jump or fly, they can only crawl.
I don't have bites so I don't have bed bugs.	About 50% of the population does not react to bed bug bites.
I need to throw out all my clothes, my bed and my couch.	Clothes can be laundered. Beds and couches can be treated by the treatment company.
Bed bugs are only found on the bed.	Bed bugs are found where people spend the majority of their time.
Bed bugs cannot live if they do not feed.	Bed bugs can live up to a year without feeding.
Bed bugs cause the spread of disease.	There is no known documentation of bed bugs spreading disease.
Bed bugs cannot be seen by the naked eye.	Bed bugs can easily be seen by the naked eye.
Bed bugs are only active and bite at night.	Bed bugs are active all times of the day and will bite any time during the day.
Bed bugs can be treated with store bought products.	These products are not effective. The best way to treat is to have a reputable treatment company treat the home.