

Public Health

Santé publique

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RÉSEAU DE SANTÉ

Horizon
HEALTH NETWORK

What are they?

- Small oval shaped insects without wings
- They multiply quickly and travel easily (cannot fly or jump)
- Feed on blood usually at night
- They do not spread disease



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Life Cycle of the Bed Bug

Cimex lectulaius



Egg

(1 mm long)



First Stage Larva

(1.5 mm long)

Takes blood meal then molts.



Second Stage Larva

(2 mm long)

Takes a blood meal then molts.



Third Stage Larva

(2.5 mm long)

Takes a blood meal then molts.



Fourth Stage Larva

(3 mm long)

Takes a blood meal then molts.



Fifth Stage Larva

(4.5 mm long)

Takes a blood meal then molts.



Adult

(5.5 mm long)

Takes repeated blood meals over several weeks.



Adult Female

(6.5 mm long)

Females lay up to 5 eggs per day, continuously.



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How Small are they?



- Adults 6-10mm long (about the size of an apple seed)
- Eggs and the young bedbugs are much smaller
- Their flat bodies make it easier to hide



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- Eggs (1mm).
- 1st stage nymph (1.5 mm).
- 2nd stage nymph (2 mm).
- 3rd stage nymph (2.5 mm).
- 4th stage nymph (3 mm).
- 5th stage nymph (4.5 mm).
- Unfed adult female.
- Unfed adult male



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What to look for



- Small red stains or tiny black spots on linens or other objects
- Sweet musty odor
- They shed their skins which can be clear or light brown
- May be found in;
 - cracks, crevices, nail or screw holes
 - the underside of furniture, mattresses, headboards
 - Seams of chairs, couches, folds of curtains
 - Junction of where wall and ceiling meet
 - Drawer joints, electrical outlets
- There may be an obvious bite on a person.... but not always



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Hiding Spots



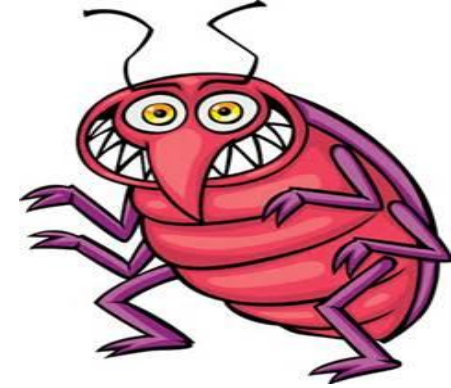
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How to Identify Bites



- Check visible skin, most often on the face, neck, arms, legs and chest
- Some people have little or no reaction, it can take up to 14 days for a reaction
- Allergy to the bite is possible
- Small bumps, large itchy welts, or red and itchy flat sores
- Bites often will appear in groups of three



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Are there health risks?



- Not known to spread disease
- Reactions to bites differ but usually are red itchy welts
- Most bites will go away without treatment
- Some people feel;
 - stress, anxiety, sleeplessness, depression and fatigue



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Information for Families

Resources from OCMOH

- Bed Bug Prevention
- Bed Bug Control
- Bed Bug Bites
- Bed Bug information for landlords
- Bed Bug information for tenants
- Frequently asked questions



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