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
Life Cycle of the Bed Bug
Cimex lectulatus

- **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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Horizon
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
- 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
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
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
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
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