

Any home can be a haven for bedbugs. No need to be ashamed if these bugs end up moving in with you.

The important thing is to act fast. As soon as you see these bugs in your New Brunswick public housing unit, immediately call your local office of the Department of Social Development.

Bedbugs

Bedbugs are flat brownish insects. They are shaped like an apple seed and visible to the naked eye. Before feeding, adults are six to 10 mm long (1/4 inch). They're active at night and can usually be seen along the seams of mattresses. They feed on human blood.



Photo From the Chief Medical office (Courtesy of Centers for Disease Control and Prevention).

How they spread

Bedbugs can be brought into your home on clothing or furniture, particularly a mattress. They can arrive in your suitcase when you return from a trip. They can also travel from a neighbour's apartment.

Signs of a bedbug infestation

Bedbugs hide in many tiny places. A thorough search is needed to find all the adult and immature bedbugs plus hiding places where eggs have been laid. Carefully examine mattresses and headboards, upholstered couches and chairs, night tables, dressers, baseboards, electrical outlets, light switch plates, items stored near or under the bed, carpeting or rugs, and inside clocks, phones and smoke detectors. Because bedbugs travel easily, you may have to search nearby rooms or other apartments.

How to detect them

Itchy skin and insect bites are clues that you have bedbugs in your bed. Also look for blood on your sheets and pillowcases.



How to prevent them

Bedbugs and other pests can be carried into your home on used furniture, especially mattresses, armchairs and sofas. They often hide in other furniture and clothing.

Once these bugs enter one home, they risk spreading throughout an apartment building.

Be cautious about taking in second-hand furniture, used mattresses or used clothing. If you do buy used clothes, wash them thoroughly before putting them in your closets or drawers.

Important

Avoid bringing home items found outside or in the garbage. They may be infested with bedbugs.



To ensure a successful treatment

- Don't try to solve the problem yourself.
- The faster you act, the better the results will be. Immediately call, your local office of the Department of Social Development when you spot bedbugs in your public housing unit.
- Keep your apartment clean and clutter-free.
- Carefully follow the pest control operator's recommendations.
- Sometimes more than one treatment is needed to solve the problem.

Your cooperation is essential!

Preparing your home for the pest control operator

This step is extremely important. Closely follow the pest control operator's guidelines.

- Put clothing and bedding in the dryer on the hottest cycle for at least 30 minutes, in order to kill the bedbugs that may be found there as well as their eggs.
- Then put the clothing and bedding in plastic bags and keep the bags sealed until the infestation has disappeared.
- Clean areas to be treated.
- Pick up toys and remove clutter.
- Vacuum and throw away the vacuum bag.

Disposal of infested household items

If you throw out your mattress or any other bedbug infested item, wrap them in plastic and tape off the edges to prevent spreading bedbugs on your way to the garbage. The items should be marked «BEDBUGS», «Bedbug infestation» or something similar. This will let those who might take these items from the trash know that you are getting rid of them because of the bedbugs. That way you are not spreading the problem to other locations.

Getting rid of bedbugs

Social Development wants to eliminate all harmful bugs in your New Brunswick public housing unit. As soon as you spot bedbugs or suspect they're in your home, immediately call your local office of the Department of Social Development.

For further information please contact the Social Development office in your region:

1-833-SDDStel (1-833-733-7835)

www.gnb.ca/socialdevelopment

Sources consulted to create this brochure include office municipal d'habitation de Montréal.

Bedbugs

Anyone can be affected

A guide for preventing and eliminating bedbugs in New Brunswick public housing

