



Community & Home  
Assistance to Seniors

# What you need to know about bed bugs

**It is possible for anyone, anywhere to experience a bed bug infestation,  
but they can be prevented and controlled.**

## What are bed bugs?

Bed bugs are small insects with oval-shaped bodies and no wings. They are about the size of an apple seed and reddish brown in colour. They usually come out and bite at night. Bed bugs can live in people's beds and can also be found in almost any dark crack or crevice. For useful fact sheets or general information, please visit [www.bedbugsinfo.ca](http://www.bedbugsinfo.ca).

## What to do if you have bed bugs

- Inspect your mattress and bed frame, particularly the folds, crevices and the underside, and other locations where bed bugs like to hide.
- Vacuum all crevices on your mattress, bed frame, baseboards and any objects close to the bed. It is essential to vacuum daily and empty the vacuum immediately.
- Wash all your linens in the hottest water possible and place them in a hot dryer for 20 minutes.
- Remove all unnecessary clutter.
- Seal cracks and crevices between baseboards, on wood bed frames, floors and walls with caulking. Repair or remove peeling wallpaper, tighten loose light switch covers, and seal any openings where pipes, wires or other utilities come into your home.
- Monitor daily by setting out glue boards or sticky tape (carpet tape works well) to catch the bed bugs. Closely examine any items that you are bringing into your home.
- Consult professional pest control services and discuss options that pose the least risk to humans and the environment.

## For help with bed bugs

Financial help for bed bug treatment may be available for:

- Low income home owners
- Low income tenants
- Social housing providers
- Shelter operators
- Retirement homes

For more information on bed bugs or financial help with infestations call:

**York Region Health Connection** 1-800-361-5653 1-866-252-9933

[www.york.ca](http://www.york.ca)