

BED BUG No No's

Having bed bugs can be very stressful. Even thinking you might have bed bugs can cause anxiety.

Don't make the situation worse. Know what you should and should not do to help get rid of bed bugs.

Below are a few things you should remember.



- DON'T panic. Bed bugs are extremely annoying and stressful, but they are not known to transmit disease.
- DON'T ignore the problem or wait to tell your building manager. If you think you have bed bugs, immediately let your building manager know. It will be important for you to work with your building's pest management company to quickly and effectively get rid of bed bugs before they spread.
- DON'T try to treat your home with pesticides yourself. Pesticides available in retail stores are of little effect against bed bugs and will not kill bed bug eggs. Using these products will cause bed bugs to scatter and spread to other rooms, making it harder to get rid of all the bed bugs.
- DON'T use total release foggers (sometimes called "bug bombs") to treat bed bugs. Foggers don't reach the tiny cracks and crevices where bed bugs hide. Foggers will cause bed bugs to move into other rooms or apartments, making them even harder to treat. Foggers also leave an insecticide residue throughout your home, exposing you, your children and pets to the dangerous chemicals.
- DON'T depend on home remedies found on the internet. Some home remedies can discourage bed bugs, but won't kill them. Using home remedies just delay you from getting professional help to fight the bed bugs.



- DON'T throw away your mattress and bed. Buying a new mattress won't solve the problem. Install mattress and box spring encasements on your bed to keep bed bugs from getting into or out of your mattress. Use bed leg interceptors under bed legs to stop bed bugs from crawling up onto your bed from the floor. Move the bed 15 cm (6 inches) away from the wall, and make sure your blankets or bedding don't touch the floor.
- DON'T throw away good furniture. Infested furniture can be cleaned and treated. If you decide to get rid of infested furniture, make it less attractive to other people by writing "bed bugs" on it and defacing it. Wrap the item in plastic before removing it from the room to prevent bed bugs or eggs from falling off in areas that are not infested.
- DON'T switch your sleeping location. If you suspect there are bed bugs where you sleep, don't begin sleeping in another room. Bed bugs will follow you to your guest room or sofa. It will then make it much harder to get rid of them.
- DON'T sleep with a light on. Bed bugs are attracted to the carbon dioxide you exhale and feed when hosts are inactive. Usually that's when it's dark—but they'll feed under lights if they're hungry.
- DON'T feel ashamed or embarrassed. Bed bugs do not discriminate and in fact are equal-opportunity pests. Having bed bugs is NOT a reflection on who you are, how clean you or your home are, your level of income, your age or anything else about you. Bed bugs love everyone.

Knowing what NOT TO DO is important to effectively get rid of bed bugs. It is however equally important to know what actions you should take.

Talk to your building manager and check out the Bed Bug Fact Sheet "Things You Can Do to Get Rid of Bed Bugs". Our goal of a pest free building is a shared responsibility.



Produced in co-operation with



For more information on bed bugs, visit www.hamilton.ca/bedbugs