

**HOW DO YOU KNOW IF YOU HAVE  
BED BUGS IN YOUR HOME?**



## Look for these signs:

- Welts that are itchy and red on your skin. These welts can be many sizes and appear in groups of two or three or more.
- Dark red or brown stains on furniture, bedsheets and clothing.



## Where do bed bugs hide?

Some of their favourite hiding places are:

- behind baseboards
- in and around electrical boxes
- inside couches/sofas, mattresses, box springs and bed frames
- in furniture and luggage

# How do bed bugs get into homes?

Bed bugs can come into your home on almost anything including used items such as clothing, luggage, furniture, carpets and mattresses. Bed bugs can even come into your home on people.



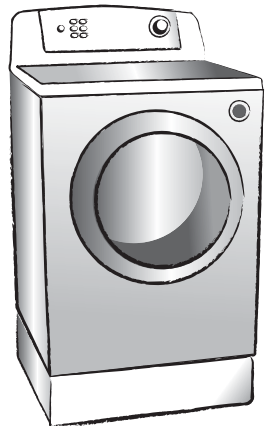
# How do you stop bed bugs from getting into your home or coming back?

- Check furniture and other household items regularly. Inspect for bed bugs hiding in cracks, creases, folds, seams and tears.
- Look closely at any second-hand furniture, or clothing before bringing it into your home.
- Vacuum all mattresses and mattress frames. Remove the bag from the vacuum cleaner immediately after vacuuming, seal it and throw it in the outside garbage.



- Consider having a bed bug-proof mattress cover installed.
- Watch for dark red or brown stains on bed sheets, and mattresses/box springs, especially around the edges and around the seams.

- Vacuum or shake out suitcases before bringing them into your home.
- Keep your home neat and tidy and avoid keeping clothing, toys and other household items on the floor.
- Regularly wash all bedding and clothing in HOT water and dry in a HOT dryer (high heat of 40°C /120°F) for a minimum of 20 minutes.



This information is brought to you by:

**Manitoba** 

# TAKE A CLOSER LOOK AT WHAT'S BUGGING YOU





Don't bring in other people's trash.





Check used furniture before you bring it home.



Keep your apartment clean.

• WANTED •

REPORT  
ALL  
BED BUGS



REPORT  
ALL  
BED BUGS

CALL:

1.855.3MB.BUGS





Rest Easy.

What happens if you find bed bugs  
(or other pests) in your home?

**CONTACT:**

**1.855.3MB.BUGS  
(1.855.362.2847)**

**Email: [bedbugs@gov.mb.ca](mailto:bedbugs@gov.mb.ca)  
[www.manitoba.ca/bedbugs](http://www.manitoba.ca/bedbugs)**

Tell the person on the phone that  
your call is about **pests**.

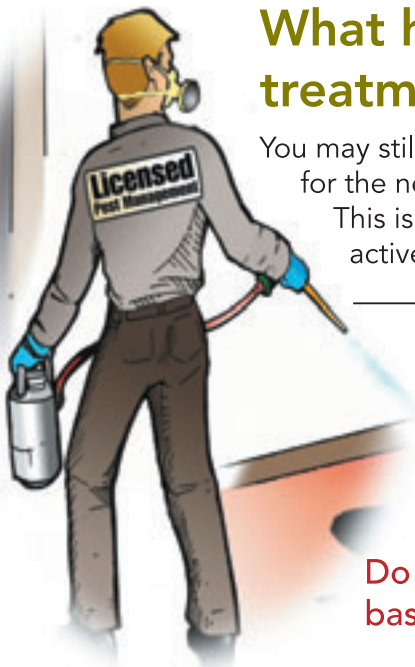
Please don't try to treat bed bugs on your own  
because this could make the bed bugs scatter.

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# How can you help?

- Prepare your home according to the instruction provided.
- Allow \_\_\_\_\_ access to treat your home.

\_\_\_\_\_ will advise you of a scheduled treatment date and will use a professional licensed exterminator.



## What happens after treatment of my home?

You may still see bed bugs in your home for the next few days after the treatment. This is normal. If the bugs are still active after 10 days, please call \_\_\_\_\_ immediately.

**Do not wash the area around baseboards for 10 to 14 days.**