

## Bed Bugs

Bedbugs are small, oval-shaped, brownish insects that live on the blood of any warm-blooded animal, but primarily they will dine on humans. Typically, an adult bedbug will have a flat body about the size of an apple seed. After feeding, its body will swell and become more of a red colour.



Bedbugs live solely on blood and having them in your home is not a sign of dirtiness and they do not transmit diseases. However, their bites can become red, itchy welts.

Bedbugs commonly travel in suitcases, backpacks, clothing, and furniture, then transfer from hiding place to hiding place. Getting rid of bedbugs begins with cleaning up the places where bedbugs live.

**Before our visit we would ask you to do the following, wherever possible:**

- **Clear any clutter around the bed.**
- **Remove all bedding so that the bed is bare.**
- **If your bed base has drawers, these need to be emptied.**
- **Clean bedding, linens, curtains, and clothing in hot water and dry them on the highest dryer setting, if you have a dryer available. Place stuffed animals, shoes, and other items that can't be washed in the dryer and run on high for 30 minutes.**
- **Hoover the surrounding area and immediately dispose of the hoover contents in a plastic bag and place in your black bin.**