

RÉSEAU DE SANTÉ

**Horizon**  
HEALTH NETWORK

# Bed Bug Basics

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# History of the Bed Bug

*Cimex Lectularius*



- Believed to have originated in the middle East
- Appeared in Greek plays as early as 386 BC
- Roman philosopher “Pliny” 77 AD wrote about their healing properties
- Massive resurgence in past ~10 yrs
- <http://www.bedbugs.org/bed-bug->

## *What are they?*

- Small oval wingless insects that multiply quickly and travel easily (cannot fly or jump)
- Rely on blood to survive, tend to feed at night
- Non-disease carrying





# Life Cycle of the Bed Bug

*Cimex lectulaius*



**Egg**  
(1 mm long)



**First Stage Larva**  
(1.5 mm long)  
Takes blood meal then molts.



**Second Stage Larva**  
(2 mm long)  
Takes a blood meal then molts.



**Third Stage Larva**  
(2.5 mm long)  
Takes a blood meal then molts.



**Fourth Stage Larva**  
(3 mm long)  
Takes a blood meal then molts.



**Fifth Stage Larva**  
(4.5 mm long)  
Takes a blood meal then molts.



**Adult**  
(5.5 mm long)  
Takes repeated blood meals over several weeks.



**Adult Female**  
(6.5 mm long)  
Females lay up to 5 eggs per day, continuously.

# How small are they?



- Adults 6-10mm long
- Young bedbugs ~1.5mm
- Eggs ~1mm
- Flattened bodies making it easy to hide



- Eggs (1mm).
- 1<sup>st</sup> stage nymph (1.5 mm).
- 2<sup>nd</sup> stage nymph (2 mm).
- 3<sup>rd</sup> stage nymph (2.5 mm).
- 4<sup>th</sup> stage nymph (3 mm).
- 5<sup>th</sup> stage nymph (4.5 mm).
- Unfed adult female.
- Unfed adult male

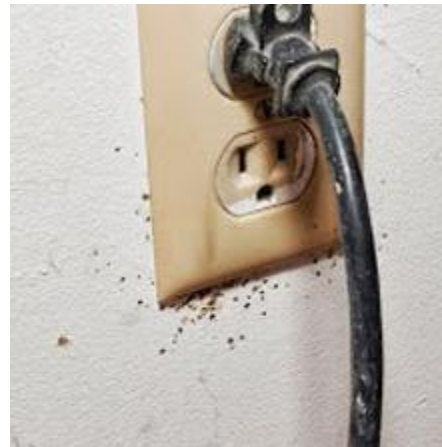
# What to look for



- Most are in hiding during the day
- Small red stains or tiny black spots (feces) on linens or other objects
- Sweet musty odor
- They shed translucent light brown cast skins (exoskeleton)
- Might be found around:
  - cracks, crevices, nail or screw holes
  - the underside of furniture, mattresses, headboards
  - seams of chairs, couches, folds of curtains
  - junction of where wall and ceiling meet
  - drawer joints, electrical receptacles
- Might be obvious bites-however this is not a reliable indicator



# Hiding Spots







# How to identify bites?

- Can be seen where skin is exposed at night
- Can take up to 14 days to appear
- Some people have little reaction
- Allergy to the bite is possible
- Small bumps or large itchy welts, most commonly red and itchy flat sores
- Most often on the face, neck, arms, legs and chest
- Often will appear in groups of three





# Are there health risks?

- Not known to spread infectious disease
- Reactions to bites vary, usually red itchy welts
- Most bites will go away without treatment
- Most significant impacts are stress, anxiety, sleeplessness, depression and fatigue

# Warning/Unregistered Pest Control Products

“Health Canada Warns Canadians Not to  
Use Unregistered Bedbug Control  
Products”



Areas to check  
in a bedroom



# Information for Families

- Bedbugs: Anyone can be affected (gnb)
- Elimination of bed bugs needs to be a multifaceted approach and insecticide alone will not eradicate the problem
- Pest management information service



# More Information

- [GNB: http://www2.gnb.ca/content/gnb/en/departments/ocmoh/healthy\\_environments/content/insect\\_and\\_mite.html](http://www2.gnb.ca/content/gnb/en/departments/ocmoh/healthy_environments/content/insect_and_mite.html)
- [Health Canada: http://www.healthycanadians.gc.ca/product-safety-securite-produits/pest-control-products-produits-antiparasitaires/pesticides/tips-conseils/bedbugs-punaises-lits-eng.php](http://www.healthycanadians.gc.ca/product-safety-securite-produits/pest-control-products-produits-antiparasitaires/pesticides/tips-conseils/bedbugs-punaises-lits-eng.php)
- [http://journals.lww.com/homehealthcarenurseonline/Fulltext/2009/11000/COMMUNITY\\_HEALTH\\_NURSES\\_BATTLE\\_AN\\_ANCIENT\\_NUISANCE.4.aspx](http://journals.lww.com/homehealthcarenurseonline/Fulltext/2009/11000/COMMUNITY_HEALTH_NURSES_BATTLE_AN_ANCIENT_NUISANCE.4.aspx)
- [CDC: http://www.cdc.gov/parasites/bedbugs/index.html](http://www.cdc.gov/parasites/bedbugs/index.html)

# The End Thank-you!

