

# What to do...

## IF YOU LIVE IN A BUILDING WITH BED BUGS

**EDUCATE YOURSELF** – learn how to identify, treat and prevent bed bugs

**MONITOR** – check for bites on your body and blood stains on linens and clothing

**GET RID OF CLUTTER** – bed bugs thrive in a cluttered environment

**Pest proof your home** – eliminate bed bug hiding places by sealing all holes and gaps in baseboards, pipes and cover plates

- Use caulking gun and tube of caulking for base boards and trim
- Use expandable foam for areas around drains and water pipes
- Use kickplates and weatherstripping for doors

**DON'T HESITATE; TAKE ACTION** – if you find any evidence of bed bugs, immediately contact your landlord or property management and request pest control treatment.

**PREPARATION IS KEY** – thorough and proper preparation prior to pest control treatment is key to successful bed bug control. Your landlord or building manager can provide you with instructions how to prepare your living space for treatment.

**Make your bed an island** – encase your mattresses, box springs and pillows in bedding proof covers or mattress encasements.

- Remove bed skirts and make sure sheets do not touch the floor
- Apply carpet tape to corner posts or place corner posts on glue boards that have been taped to the floor

### INSPECTING YOUR BED

- ✓ Use a good flashlight
- ✓ Remove all linens
- ✓ Pull the bed four inches away from the walls
- ✓ Check bedding, mattress and box spring (both sides), and seams, folds in fabric and frame for blood spots, live bed bugs, dead bed bugs, eggs, and fecal matter

For more information call **1.855.3MB.BUGS** (1.855.362.2847),  
email: [bedbugs@gov.mb.ca](mailto:bedbugs@gov.mb.ca) or visit: [Manitoba.ca/bedbugs](http://Manitoba.ca/bedbugs)

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