



Dear Tenant,

The Medicine Hat Community Housing Society needs your assistance. The presence of BED BUGS in homes across the country has increased significantly. We want to provide you with the tools to prevent bed bugs in your home and offer you treatment options if you encounter them.

The MHCHS is taking proactive steps to prevent bed bugs from spreading, as they can be difficult to detect in the early stages. To ensure early detection the MHCHS will conduct random building inspections, including a thorough examination of all units. Tenants will receive (at minimum) 24 hour's notice before an inspection will occur. When bed bugs have been confirmed it is critical that all surrounding units be thoroughly inspected and that action is taken to remove the bed bugs. The individual conducting the inspection will closely examine the building, tenant's bed frame, mattress, box spring, furniture & other items as required. Tenants are encouraged to be present at the time of inspection.

If bed bugs are detected, treatment of the affected units will occur promptly and at no cost to the tenant. Tenants are asked to allow pest control professionals into their units (notice will be provided) and to follow instructions, ensuring effective elimination of the pest.

It is almost impossible to know exactly where the bed bugs originated and no person or family will be blamed, judged or evicted for reporting bed bugs. BED BUGS CAN HAPPEN TO ANYONE.

If tenants have questions or suspect that bed bugs are present in their unit, please call the MHCHS Central Administration Office 403.527.4507 or email admin@mhchs.ca and someone will assist you. For more information please visit www.mhchs.ca

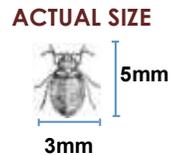
HOW TO PROTECT YOU AND YOUR FAMILY FROM BED BUGS

Adapted from [Guidelines for Prevention and Management of Bed Bugs in Shelters and Group Living Facilities](#)
by J. Gangloff-Kauffman, J. and C. Pilcher. 2008.

Bed bugs have become a serious pest in North America and like mosquitoes, are insects that feed on blood. Bed bugs live in the home, especially in and around the bed, and usually bite at night when people are sleeping, but will feed at any time of day if necessary. Bed bugs have three main stages of life, the egg, the young and the adult; Their size can vary from that of a poppy seed to an apple seed-size adult. All are tan or brownish-red in color. The first sign of bed bugs is usually a group of bites. If you experience bites, look for bed bugs in your bed or where you have slept recently.

FAST FACTS ABOUT BED BUGS

- Do not transmit diseases to people; may trigger asthma.
- Cannot fly or jump, but can run fast
- Can be transported in personal belongings such as luggage, clothing, blankets & pillows; can travel through a building
- Are often found on used or discarded furniture
- Can be difficult to control; can be eliminated and prevented



WHERE TO LOOK FOR BED BUGS? (See Page 10 in the information package for detailed instructions on inspecting for bed bugs)

- Check the sheets, pillows and blankets for bugs and stains; look under the mattress and pillows; check the seams and puckers of the mattress & the bed frame for bugs and stains
- Check the floor, carpet edges and moldings; look inside and underneath drawers
- Radios, phones, clocks near the bed or on a nightstand may also be hiding places for bed bugs. The more bugs present the farther from the bed they will spread out

HOW TO HELP YOURSELF

- Don't panic: bed bugs are not life threatening; Call the MHCHS administration office immediately if you think there may be bed bugs present
- Thoroughly inspect bed, blankets, pillows, sheets, furniture, clothing and rooms
- Wash and dry your clothing, bedding, curtains, rugs and towels on hot: 30 minutes of heat kills bugs and their eggs. STORE CLEAN ITEMS IN PLASTIC CONTAINERS OR PLASTIC BAGS.
- Scrub mattress seams with a stiff brush to dislodge bedbugs and eggs; vacuum daily, discard used vacuum bag in a sealed plastic bag immediately after clean up; Place mattress and box spring in zippered plastic covers
- Wash and use the clothes dryer on any donated clothing before wearing
- Carefully inspect used furniture; do not take furniture or items from the street: they may have bed bugs!
- Do not try to use pesticides to kill bed bugs on your own, "Bug bombs" do not work for bed bugs
- Follow Pest Control pre-treatment instructions very carefully to ensure successful elimination of the bugs
- Talk to others about it; bed bugs are common today in all types of housing, everyone should be aware of them

HOW CAN I KEEP THE BUILDING'S FURNITURE FROM SPREADING INFESTATION?

- Never resell or donate infested furniture
- DO NOT remove furniture from your unit until treatment has been completed and you have been advised it is safe to do so, removal of furniture will not eliminate bed bugs and may contribute to the spread of the bugs. When throwing away infested furniture, follow recommendations from Landlord or Pest Control Company carefully:
- When furniture is removed from a unit, render the piece unusable (cut holes in it, etc.), ensure that it is encased in plastic to prevent the spread of bed bugs or eggs, and indicate on it that it is "Infested with bed bugs". MHCHS tenants should notify the administration office if bed bug infested furniture needs to be removed from the garbage pick-up area as soon as possible.