

APPENDIX 7: BED BUGS

MANAGEMENT AND CONTROL OF BEDBUGS AND FLEAS

1. GENERAL INFORMATION

Female bedbugs lay from 200-500 eggs (in batches of 10 – 50) on rough surfaces such as wood or paper. Eggs are covered in a glue substance and hatch in about 10 days. There are 5 progressively larger nymph stages each requiring a single blood meal before molting to the next stage. The entire life cycle from egg to adult requires anywhere from 5 weeks to 4 months, depending on temperature. Nymphs and adults generally feed at night and hide in crevices during the day. Common hiding places include seams in mattresses and box springs, cracks in bed frames, under loose wallpaper, behind picture frames and inside furniture and upholstery.

Bed bugs can go without feeding for 80-140 days; older stages can survive longer without feeding than younger ones. Adults have survived without food for as long as 550 days. A bed bug can take 6 times its weight in blood and feeding can take 3 – 10 minutes. Adults live about 10 months and there can be 3-4 generations of bed bugs per year. In addition to leaving a bite wound on their hosts, bed bugs have stink glands that leave odours; they also leave fecal spots on bed sheets and around their hiding places.

2. MANAGEMENT OF BED BUGS

Infestations of bed bugs can be detected by looking for their fecal spots, egg cases and shed skins under wallpaper, behind picture frames, and inside cracks and crevices near beds.

2.1. MECHANICAL CONTROL

Indirect measures can go a long way in controlling bed bugs: keep bats and birds away from houses; clean furnishings, launder bedding and mattress pads and stem-

clean mattresses; and prevent bed bugs from getting into homes by removing debris from around the house, repairing cracks in walls, and caulking windows and doors. Simple physical control methods include standing the legs of beds in soapy water, coating the legs with petroleum jelly or double-sided sticky tape. Bed bugs cannot climb polished glass or metal easily and they don't fly. Legs of beds can also be placed inside glass jars or metal cans. Heating to 50 degrees C, or freezing to below zero will kill most bed bugs.

2.2. CHEMICAL CONTROL

Fumigation is required to control bed bugs and fleas effectively. An aerosol fogger containing ***cyfluthrin***, ***transfluthrin*** and ***triflumuron*** must be used.