



CANADA™

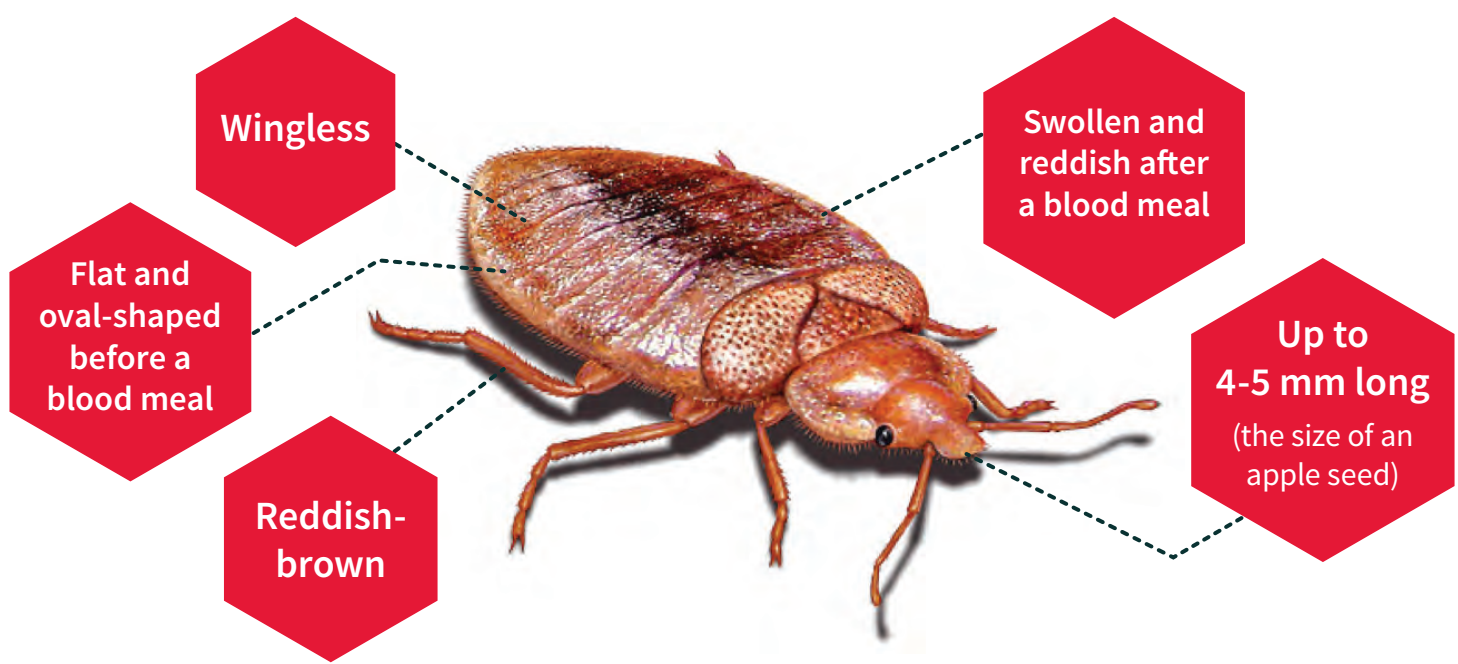
# DON'T LET THE BED BUGS BITE

It's possible to pick up bed bugs almost any place. They can hitch a ride home with you in your luggage, your personal belongings or even your furniture — and once they're in your home, they can be extremely difficult to get rid of.

Here's what you need to know, look for and do to catch bed bugs early and help reduce your chances of a costly infestation.

## What Do Bed Bugs Look Like?

Contrary to popular belief, bed bugs actually are large enough to see with the naked eye. Here's what to look for:

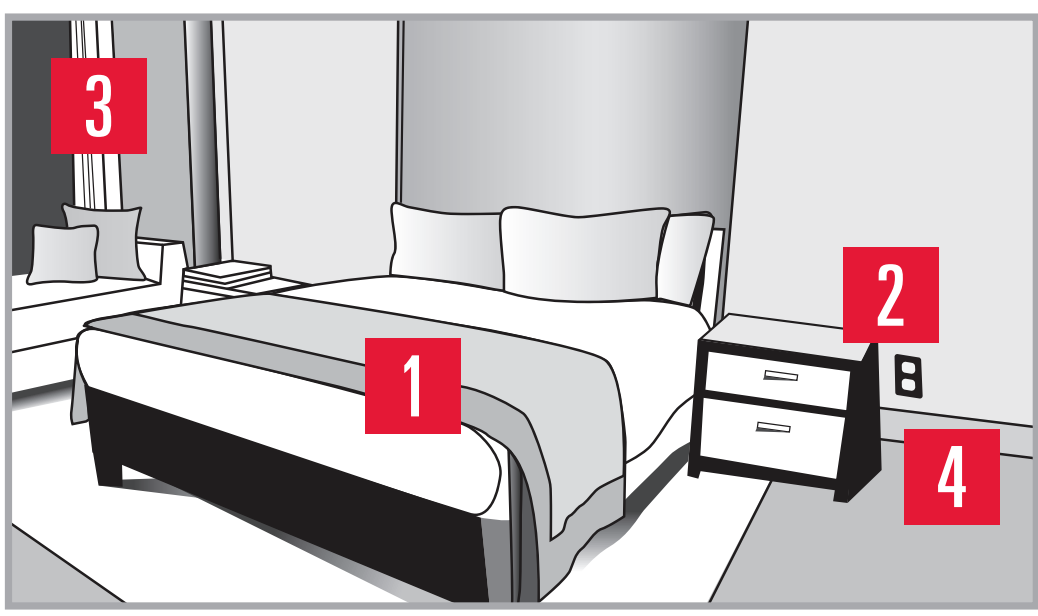


## How Can I Spot Them?

Bed bugs can be difficult to detect, as they're small in size and skilled at hiding. Follow these tips to help spot signs of an infestation.

### WHERE TO LOOK

1. Mattresses, box springs, headboards and footboards, bed frames and any furniture within 1-2 meters of beds
2. Cracks and gaps behind wall outlets
3. Floor, window and door molding
4. Where carpet edges meet the wall



### WHAT TO LOOK FOR



Black or brown stains, usually in crevices



Molted skins



Adult bugs about the shape and size of an apple seed

## How Do I Keep Them Out?

Whether at home or on the road, help prevent bed bug bites by always remembering to S.L.E.E.P. tight.

<b>S.</b>	<b>L.</b>	<b>E.</b>	<b>E.</b>	<b>P.</b>
<b>SURVEY</b> cracks and crevices for signs of infestation like tiny rust-colored spots	<b>LIFT</b> and look for all bed bug hiding spots	<b>ELEVATE</b> belongings away from beds or walls	<b>EXAMINE</b> belongings carefully while repacking and upon returning home	<b>PLACE</b> all clothing in the dryer at the highest temperature for at least 15 minutes following overnight trips

## Did A Bed Bug Bite?



Whether bite reactions occur immediately or take a few days to show symptoms, the following factors may help you determine if you've been bitten.

- Bites are commonly found on body parts that are unconstricted during sleep (face, neck, arms, legs, hands and shoulders).
- Bites may appear in tight groups of small, red marks.
- Bites may become inflamed, itchy or even blistered, especially if irritated.