



### CIMEX LECTULARIUS (BED BUGS)

#### Bed Bug Characteristics

- Adults are oval, flattened, brown, wingless insects
- Approx. 5-9 mm long (1/4 to 3/8 " long), visible to the naked eye
- Can live up to 6 months at 22C without feeding (or longer)
- Tend to feed every 5-10 days, in a 1-2-3 pattern (breakfast-lunch-supper)
- Are nocturnal, tend to avoid light
- Are "hitchhikers" hiding in personal belongings (ie: pillows, clothing, luggage, bags etc.) and carried from one area to another
- Are resistant to many pest-control chemicals



Bed bugs are communicable until all parasites are eliminated from the resting/sleeping area. These parasites can survive for long periods of time without feeding; some adult bugs have been known to survive up to 550 days without food. The typical lifespan is approximately 10 months; they have three stages in the lifecycle: eggs, nymphs (juveniles) and adults. Eggs have a coating on them that helps them stick to objects and hatch after 6-17 days. Nymphs start to feed on blood immediately. Bed bugs become inactive when they have no host to feed on allowing them to survive for long periods of time



#### Transmission

There is no evidence to suggest that Bed Bugs are vectors of disease however they can produce negative outcomes secondary to infestations. IE: secondary infections, allergic reactions and financial hardships due to cost of extermination. Bed bugs are wingless and do not jump. They are considered "hitchhikers" and usually are transferred from place to place on clothing or fomites (ie: pillows, luggage,



bags). Bed bugs typically live in human bedding during the day and feed on the bed's occupant at night. They live in the tufts, seams, buttons and folds of mattresses and mattress covers. In progressive infestations they can be found in cracks and crevices in bed frames, base boards, window and door casings, pictures and picture moldings, furniture, loosened wallpaper, cracks in plaster and partitions and couches and stuffed chairs.



### **Infection Prevention and Control Practices**

Issues with Bed bugs are deemed an Infestation not an Infection. Infestations require collaboration with Unit staff/management, Facility Management, Environmental Services, Occupational Environmental Safety and Health, Infection Prevention and Control and a Pest Control Professional. Follow Routine Practices when working with individuals identified as having an infestation of bed bugs. For heavily infested cases Contact Precautions should be used.

When admitting a resident from a bed bug infested place of residence, personal clothing and items should be sealed tightly in plastic bags and transported to laundry department immediately. Clothing and fabric items shall be washed in hot water (>60C or >140F) and/or dried on the highest setting (>40C or >104F) for a minimum of 30 min. The dryer must reach a temperature of >40C to kill ALL stages of bed bugs, and should be filled to only 50% of capacity. Items that are un-washable should be discarded (ie: magazines, picture frames, paper items). For other items a discussion with the pest control professional should occur to determine appropriate actions needed (ie: wheelchairs)



## References

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