



Health  
Canada

Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Stop Bedbugs!

Start by checking your room.



## For more information

Within Canada: 1-800-267-6315

Outside Canada: 1-613-736-3799  
(long distance charges apply)

[www.health.gc.ca/consumer](http://www.health.gc.ca/consumer)

- Don't put your luggage down on the floor, or on the bed – put it in the bath tub, or on the luggage rack.
- Check the bed – mattress, zippers, seams, cushion tufts, and in behind and around the headboard.
- Check the furniture and walls – furniture frames and cushions, using something with a hard corner or edge, like a credit card.
- Check in behind paintings, posters, pictures, mirrors, as well as around mouldings, trim, baseboards and window frames.
- Check cracks in plaster and peeling wallpaper.
- Take a close look at electrical outlets, light switches, phones and clocks, as well as all the carpeting/rugs.



# Bedbugs

