



BED BUGS AND HEAD LICE (PEDICULOSIS)

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Bed Bugs Facts

- Appearance:
 - Bed bugs are always visible to the naked eye
 - Eggs are white, size of a pinhead; adults are the size of an apple seed, brown to red-brown in color
 - Also look for dark colored droppings
- Bed bugs can't fly, are attracted to CO₂ and can affect anyone
- Bed bugs aren't known to transmit infectious disease
- Bug bites look like red itchy welts on your skin; avoid scratching, clean with antiseptic soap and antihistamine cream

Bed Bug Prevention



Bed Bug Removal

Words of Caution:

- Don't use any pesticides that do not specifically treat bed bugs
- Most pesticides will have no effect and introduce toxic chemicals in the home
- Professional pest control is the only way to effectively treat a bed bug problem

Renters: Your landlord is responsible for bed bug management

- If LL doesn't respond, can contact LTB 1-888-332-3234 to file an application, or contact legal aid Ontario for free legal assistance to low-income renters
- You can also call public health at 905-546-2489

Homeowners: Contact a pest control company

- City of Hamilton Website on Bed Bugs:

<https://www.hamilton.ca/home-neighbourhood/house-home/pest-control/bed-bugs#bed-bugs>

- To find a pest control company:

www.spmao.ca; 1-800-461-6722

- Government of Canada Website on Bed Bugs:

<https://www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-what-are-they.html>

Resources

Pediculosis (Head Lice)

- Small white nits
- They can't jump or fly, can only crawl
- Spread through head-to-head contact, sharing clothing items
- Not related to hygiene or cleanliness
- Do not live on pets



Symptoms

1

Tickling and
itching on scalp

2

Irritability, difficulty
sleeping

3

Sores on the head
due to scratching
& bacterial
infection



Treatment

- Head lice must be treated using **prescribed** medications (such as permethrin cream), household products often aren't effective
- Can get a specially designed lice comb to sift through your child's hair

Prevention & Treatment

- Avoid head to head contact, and try not to share clothing items
- Examine child's head with a magnifying glass and bright light
 - Can use a fine lice comb (5-10\$) to identify lice
- If you think you may have head lice, please see your family doctor/nurse practitioner
 - Avoid using home remedies, conditioners/gels/oils during treatment
 - The standard treatment is permethrin cream (medicated cream)
 - Treatment should be applied in two instances, with a gap of 7-10 days to ensure lice are fully killed
- If you're on Ontario Works (OW) the treatment cost should be covered