

OSHN Shared Services Project

Tenant Educational Material: Pest Infestations

Things to remember when it comes to pests (bed bugs, cockroaches, mice, etc.) and how to keep them out of your home:

1. There are no repercussions for having pests in your unit. You will not be in trouble or at risk of eviction if you inform your housing provider and allow treatment.
2. Costs for treatment to get rid of the pests will be paid for by the housing provider. You do not need to pay for treatment.
3. Always tell your housing provider if you notice the presence of pests. It will be easier to get rid of them quickly and keep them from spreading to your neighbours.

Bed Bugs

- Bed bugs can spread from place to place by hiding in items like backpacks, clothes, mattresses, furniture, bedding, laptops, or even wheelchairs.
- Consider having second-hand furniture sprayed before bringing it into your unit.
- Throwing away items will not solve the problem. Proper treatment is required.
- Do not try to treat the pests yourself.
- Second-hand clothing, linens or curtains should be washed in hot water and placed in a dryer at high heat for about 30 minutes.
- Keep all bed linens away from the ground as bed bugs will use them to climb into the bed.

Cockroaches

- Avoid keeping unsealed food out in the open, and clean up and crumbs or food spills as soon as possible.
- Vacuuming regularly and decluttering your unit is good practice, as not doing so will create a more favorable environment for cockroaches to hide.
- Cockroaches are attracted to food, water, warmth and shelter. They are typically found around sinks, stoves, refrigerators, drains, and cracks. They are most active at night-time.
- Cleanliness is the most important factor in preventing cockroaches. Keep garbage containers with tight-fitting lids and clean them out regularly.