



Read On!

A news page for
Renfrew-Collingwood learners

Don't Let the Bed Bugs Bite! ☆

'Night 'night Sleep tight, Don't let the bed bugs bite!*

* 'Night = goodnight (speaking only)

Tiny vampires ☆ ☆



When I was a kid, my mom said, "Don't let the bed bugs bite!" when she tucked me into bed at night. I thought bed bugs were imaginary (not real) and only lived in nursery rhymes (rhymes for children).

But last week my friend found a small brown bug on her bed. When she squished it, it burst and left a bloody stain on her sheet. It was a bed bug!

Bed bugs are small brown bugs that bite people for their blood. They're like tiny vampires that live in beds and couches. They come out at night and are rarely seen in the daytime.

They are a problem because the bites are itchy and it's difficult to get rid of the bugs. Bed bugs don't carry any diseases and won't make you sick, but some people feel crazy from insomnia and itchiness!

Some signs of bed bugs are:

- red bites on your skin
- small brown bugs or small black spots (bed bug poo) on your mattress and bed frame
- blood spots on your sheets or pajamas

There are special dogs that can smell bed bugs. This is the most reliable way to know if you have bed bugs. If you find a dead or live bug, you can take it in to a pest control company to have them identify it.

Bed Bug Prevention ☆ ☆ ☆

Do not take mattresses and furniture unless you are sure that they don't have bed bugs.

Be sure to wash second hand clothes in very hot water and dry them for an extra 20 minutes. Heat kills the bugs and eggs.

Vacuum your house or apartment a few times a week, including around the baseboards.

You can buy a cover for your mattress that bed bugs can't get in.

What do you do if you get bed bugs? ☆ ☆ ☆


If you are a tenant, it is your landlord's responsibility to have your suite sprayed. Your landlord should pay an exterminator to come to your apartment. My friend told her neighbours about the bugs so that they could check and have the landlord treat their apartments as well. There are websites with excellent information. Check our Read On! webpage for the links.


This Halloween, I may show up on your doorstep dressed as a bed bug. What could be scarier?!




Beth Grayer writes this page. She teaches in the ELSA program at Collingwood.

Read On! has a web page where you can:

 Read the articles

 Listen to the articles

 Print worksheets

www.cnh.bc.ca/rccnews/readOn.html

Reading levels on this page

Level 1 ☆

Level 2 ☆ ☆

Level 3 ☆ ☆ ☆

Free English Classes!

Permanent residents and refugees can learn English for free in the Renfrew-Collingwood neighbourhood. Classes are Monday to Friday from 9:15 am to 12:15 pm.

There is free childminding for children 18 months to 5 years old. To register or for more information, call 604-451-8321 and leave a message.

Inspirational Quotes

Govern thy life and thoughts as if the whole world were to see the one, and read the other.

Thomas Fuller

Most of the shadows of this life are caused by our standing in our own sunshine.

Ralph Waldo Emerson

Unrest of spirit is a mark of life; one problem after another presents itself and in the solving of them we can find our greatest pleasure.

Kal Menninger

After the game, the king and the pawn go into the same box.

Italian Proverb

Life is a tragedy for those who feel, and a comedy for those who think.

La Bruyere

Life's a voyage that's homeward bound.

Herman Melville

One way to get the most out of life is to look upon it as an adventure.

William Feather

Try not to become a man of success but a man of value.

Albert Einstein

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.

Henry David Thoreau

The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be.

Horace Bushnell

Happy are those who dream dreams and are ready to pay the price to make them come true.

Leon J. Suenes

The power of imagination makes us infinite.

John Muir

You miss 100% of the shots you don't take.

Wayne Gretzky