

Bed Bug Prevention

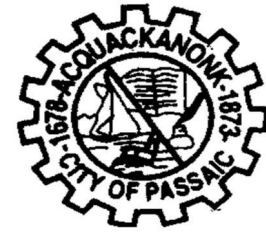
- Call in a licensed professional exterminator.
- Clean and organize living areas to reduce clutter.
- Wash and dry clothing at high temperatures.
- Change bed linens on a weekly basis and wash in hot water.
- Cover mattress with encasements (plastic bed covers) that are certified against bedbugs.
- Inspect all second hand furniture before taking them into your home. Avoid picking up furniture that has been thrown out.
- Inspect hotel rooms carefully upon arrival. After your trip check all your clothing and luggage for signs of insects that may have taken the ride home with you.

Sources:

The Center of Disease Control
Mayo Clinic
The Journal of American Medical Assoc.
New Jersey Department of Health and Senior Services
For more information,
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PASSAIC CITY HEALTH DIVISION

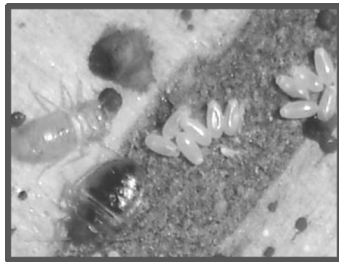
Bed Bugs



Bed Bugs are insects that feed on the blood of humans and other mammals such as birds.

Bed bugs are excellent hitch-hikers and travel all over by means of clothing, luggage, furniture, and bedding. They are oval in shape, have no wings, are rusty red in color, have flat bodies, small eyes, and antennae. Adults are large enough that they can be seen by the naked eye but nymphs (early stage bed bugs) may be harder to see.

Bed bugs are able to survive for weeks to months and even

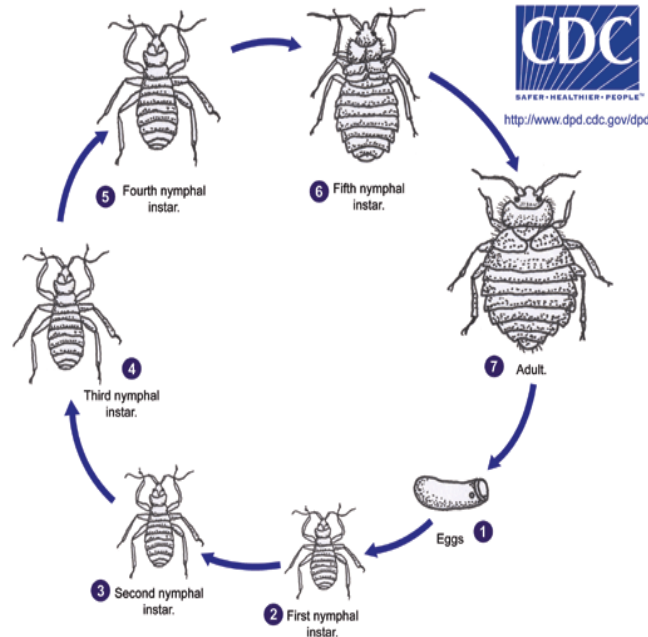


a full year without feeding. They hide during the day in cracks, crevices, head boards and foot

boards, behind loose wallpaper, under base boards and in mattress seams. Bed bugs seek and sense warmth and come out at night to feed on their victims as they sleep. They may be found in hotels, motels, residential homes, trains, cinemas, hospitals, health clinics, and brothels.

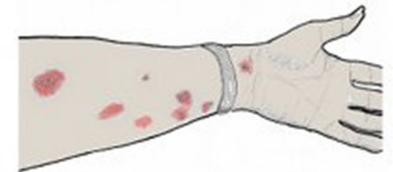
Stages of a Bed Bug

Bed bugs mature over a seven stage life cycle.



Signs that bed bugs may be around include:

- small bloodstains or dark spots on bed sheets or mattresses, sweet odor cause by their secretions.
- Fecal spots, eggshells, and shed skins.
- Itchy red bumps.



Treating bed bug bites

Treatment is aimed at relieving symptoms.

- Apply a topical cream to relieve itching.
- Avoid scratching to prevent infection.
- Consult with you doctor if you have severe reactions.