

BED BUGS

WHAT ARE THEY?
HOW TO GET
RID OF THEM!



Robert M. Dammingier
Freeholder Director
Jim Jefferson
Freeholder Liaison

Gloucester County
Department of
Health and Human
Services

204 E. Holly Ave
Sewell, NJ 08080

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What are bed bugs?

Bed bugs are thin, brown, oval-shaped insects slightly smaller than a lady bug. These pests tend to be most active at night. They cannot fly or jump. But they crawl — quickly. To live, bed bugs bite humans.

Can bed bugs spread disease?

While bed bugs are not known to spread disease, their bites can cause serious itching.

How do bed bugs travel?

Bed bugs move from place to place by “hitchhiking” in items such as luggage, backpacks, even furniture. They can survive and thrive in a variety of spots: houses, apartments, hotel rooms, college dorms, etc..

How do I know if I have bed bugs in my home?

It can be difficult to determine if you have a bed bug problem because these insects feed at night and hide during the day. While bed bugs can be found in any area of the home, they typically live in the bedroom.

Look for bed bugs:

- In seams of mattresses
- Behind bed boards and bed frames
- Between cracks and crevices of walls and floor moldings
- Where carpeting adjoins walls
- In furniture and dresser drawers
- In seams of curtains that touch the floor

What causes bed bug infestations?

Bed bug infestations are not caused by poor sanitary conditions. However untidy, cluttered environments and failure to detect an infestation early can make the bed bug problem worse over time. Recognizing the signs of bed bugs and taking immediate steps to reduce their population can greatly lessen the risk of a severe infestation.

Can bed bugs be transferred from one person to another?

Bed bugs generally are inactive during the day, so the possibility of transferring them from one person to another is very low. Remember, however, that bed bugs move from place to place by hitchhiking. Therefore, you should always check your luggage and related items when you travel. And, by all means, **do not** bring home discarded furniture. When buying used furniture, inspect it very closely before bringing it into your home.



How do I get rid of bed bugs?

To reduce bed bugs, you should eliminate their habitat. Start with a rigorous inspection of your home. For example, thoroughly examine the seams of bed mattresses by lifting up the lip along the outer edge of the mattress. If you see evidence of bed bugs, vacuum and clean carefully with diluted bleach solution (1 part bleach to 10 parts water). It may also help to vacuum and steam clean the carpet, paying close attention to where walls meet carpets. Also, wash walls and dresser drawers. Severely infested furniture should be discarded.

In the most serious cases of infestation, insecticide applications might be necessary. This should be done by a licensed pesticide applicator after infested areas have been cleaned as thoroughly as possible.

LAS CHINCHES DE CAMA

QUE SON LAS CHINCHES DE CAMA?

Y como librarse de ellas.



Robert M. Dammingier
Freeholder Director

Jim Jefferson
Freeholder Liaison

Gloucester County
Department of Health
and Human Services

204 E. Holly Ave
Sewell, NJ 08080
856-218-4170

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Que son las Chinchas de Cama? (bed bug)

Las chinchas de cama son insectos muy pequeños, de forma ovalada, de color café. Estos insectos tienden a estar más activos en la noche. Las chinchas no vuelan o saltan, pero se mueven rápido, y se alimentan de sangre humana.

Pueden estas Chinchas propagar enfermedades?

No son conocidas como portadores de enfermedades, sin embargo las mordeduras causan mucha comezón.

Como se “transportan” estas Chinchas?

Estas Chinchas llegan a su casa, “transportadas” en maletas, bolsas y muebles. Pueden vivir en zonas residenciales, apartamentos, hoteles y dormitorios universitarios.

Como puedo saber si tengo Chinchas de Cama en mi casa?

Debido a que las chinchas de cama se alimentan de noche y se esconden durante el día, no es fácil de identificar este problema. Las chinchas de cama se pueden encontrar en cualquier area de su hogar, aunque típicamente estos insectos prefieren los dormitorios. Las chinchas pueden ser encontradas en lugares como:

- Alrededor de los colchones
- Detras de la armadura y cabecera de la cama
- Grietas en el piso o en la pared
- Grietas entre la alfombra y el piso
- En muebles y cajones
- En el borde de las cortinas, cuando tocan el piso

Como ocurren las infestaciones de Chinchas de cama?

Los inquilinos deben saber que estas infestaciones no son causadas por falta de higiene. Sin embargo, lugares desordenados y el no reconocer cuando hay una infestación pueden hacer la situación mucho peor. Reconociendo la presencia de Chinchas de cama y tomando pasos para que no se multipliquen, pueden reducir grandemente infestaciones severas.

Las Chinchas de cama pueden ser transmitidas de una persona a otra?

Debido a que las chinchas generalmente no están activas durante el día, la posibilidad de transferirse de una persona a otra, es muy baja. Sin embargo, debido a que las chinchas se transportan de un lado a otro, usted debe de inspeccionar cuidadosamente sus bolsas y maletas cuando viaje. Además, por favor **NO LEVANTE** muebles usados, que hayan sido tirados. Cuando compre muebles usados, inspeccionelos cuidadosamente antes de llevarlos a su hogar.



Como me puedo librar de las chinchas de cama?

La mejor manera de librarse de estos insectos es destruyendo su hábitat, se debe comenzar con una inspección detallada de su hogar. Por ejemplo, empiece examinando su colchón, levántelo y busque en las orillas. Si encuentra evidencia de estos insectos, use la aspiradora, y después limpie cuidadosamente con cloro rebajado con agua (1 parte cloro, 10 parte agua). Aspirando y usando vapor en las alfombras, poniendo cuidadosa atención en las grietas y orillas con la pared, así como lavando las paredes y los cajones de ropa, pueden reducir los insectos. Muebles que estén seriamente infestados, tendrán que ser tirados. En algunos casos insecticidas son necesarios para eliminar una infestación. Esto debe hacerse, con un aplicador de pesticida autorizado, una vez que las áreas hayan sido limpiadas cuidadosamente.