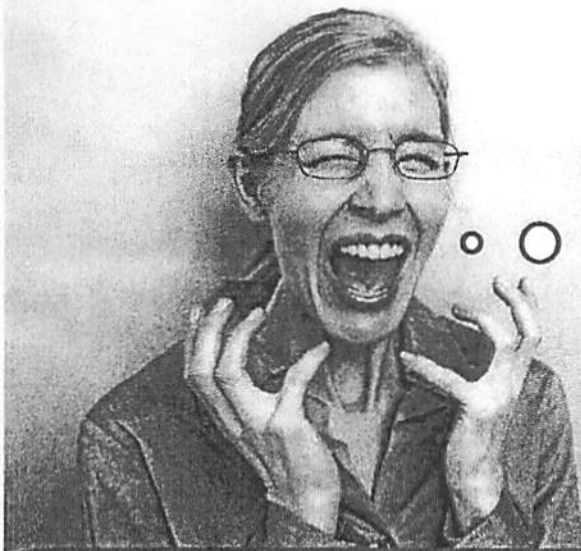


Don't lose your cool with bedbugs!

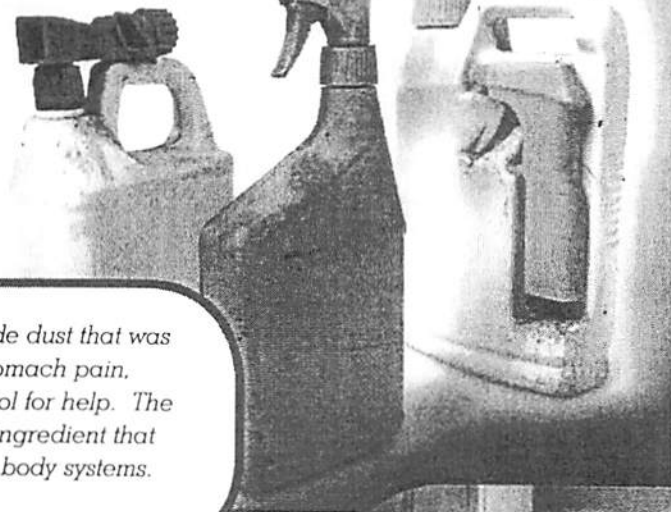


A man and woman were vacuuming up an outdoor insecticide dust that was spread in a bedroom to control bedbugs. They developed stomach pain, nausea, vomiting, and diarrhea and had to call poison control for help. The pesticide was meant for outdoor use only and contained an ingredient that could have seriously affected their nervous system and other body systems.

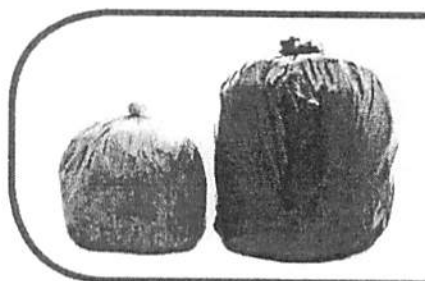
Bedbugs can be very upsetting to people. People think they can apply any type of pesticide product to get rid of bedbugs, but they may end up doing more harm than good. Not using pesticides properly can make you sick or make your home unsafe to live in.

Do's and Don'ts of Proper Pesticide Use for Controlling Bedbugs

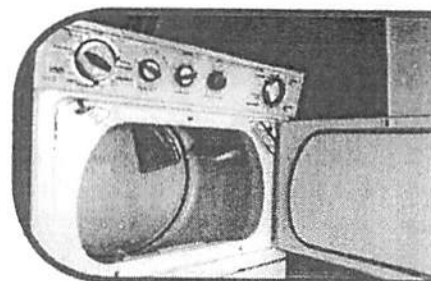
- **Do** perform an inspection FIRST and correctly identify the pest. (insects.ncsu.edu/Urban/bedbugs.htm)
- **Do** use a combination of control steps – not just pesticides – to get rid of the bugs!
- **Do** start with cleaning, de-cluttering, and bug-proofing the infested room, including:
 - reducing clutter in your home, an important first step;
 - eliminating other bedbug hiding spots by caulking cracks and crevices;
 - bagging & cleaning items in the infested room (bedding, clothing, drapes) and washing & drying at high heat;
 - vacuuming the floor, mattress, bed frame & baseboards and, encasing your mattress(es).



De-Clutter

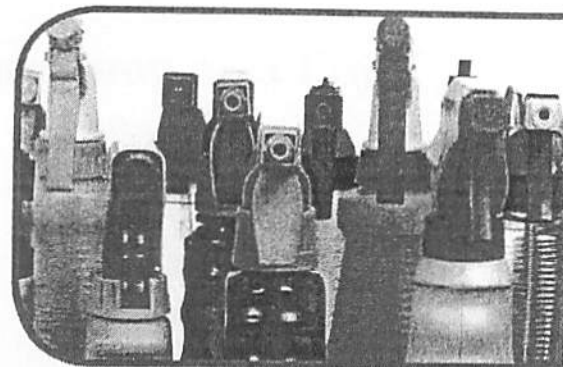


Bag & Clean



Wash and Dry in Hot and/or High Heat

- **Do** avoid bringing home second-hand items.
- **Do** contact a licensed, insured pesticide management professional (exterminator) when considering using and applying pesticides in your bedbug control plan.
- **Don't** use outdoor pesticides indoors.
- **Don't** apply more pesticide than the label allows.
- **Don't** use pesticides at home not meant for home use. In other words, don't use agricultural pesticides to remove bedbugs.
- **Don't** use pesticides on surfaces not meant to be treated, like your skin and hair.
- **Don't** let children play near newly treated surfaces.



Safe Inside? Safe Amount?



Safe for children to play on newly treated surfaces?

Need more advice?

- North Carolina State University, Dept. of Entomology, Dr. Mike Waldvogel **(919) 515-8881**.
- N.C. Department of Agriculture and Consumer Services, Dr. Jung Kim **(919) 571-4756**.
- For questions about a pesticide you are planning to use, the license status of a pest management company, or a pesticide application made to your property, please call the N.C. Department of Agriculture and Consumer Services, Structural Pest Control, at **(919) 733-6100**.
- Environmental Protection Agency Bed Bug Info: www.epa.gov/pesticides/bedbugs/
- Bed Bugs: Biology and Control; Entomology Extension Specialists, NCSU
<http://www.ces.ncsu.edu/depts/ent/notes/Urban/bedbugs.htm>
- Central Ohio Bed Bug Task Force: Bed Bug Quick Relief Guide for Tenants and Homeowners:
http://centralohiobedbugs.org/pdf/Guidance_for_tenants&homeowners.pdf
- EPA registered bedbug pesticide products search tool: **<http://cfpub.epa.gov/opprpref/bedbug/>**

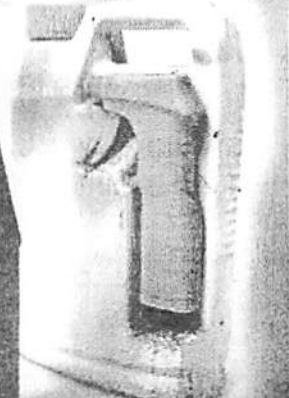
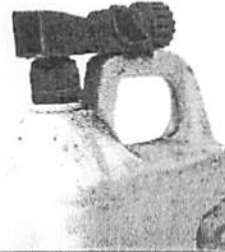
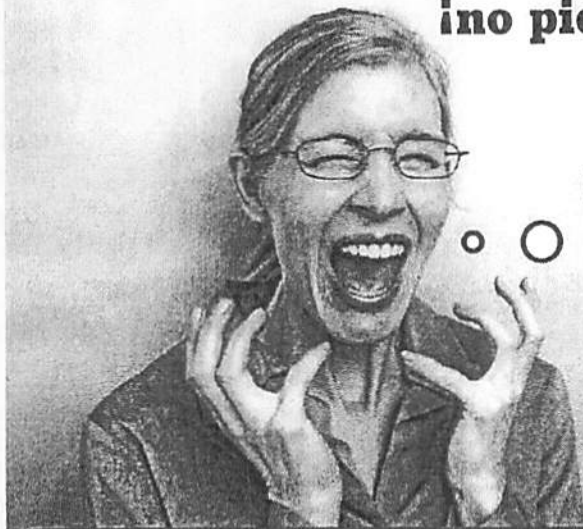


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Don't lose your cool with bedbugs!

Cuando se trata de chinches... ¡no pierda la calma!



Un hombre y una mujer estaban limpiando con la aspiradora el polvo de un insecticida para exteriores que se había rociado en una recámara para controlar las chinches y empezaron a tener dolores de estómago, náuseas, vómito y diarrea. Ellos tuvieron que llamar al centro de control de intoxicaciones para pedir ayuda. El pesticida estaba formulado exclusivamente para uso en exteriores - contenía un ingrediente que pudo haber afectado seriamente el sistema nervioso y otros sistemas del organismo de esas personas.

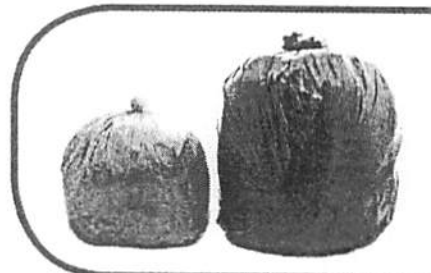
Las chinches pueden causar muchas molestias a las personas. La gente piensa que pueden aplicar cualquier tipo de pesticida para deshacerse de las chinches – pero posiblemente acaben por causar más daños que beneficios. El uso inadecuado de pesticidas puede enfermarlo o hacer que su hogar no sea seguro para vivir.

Lo que sí debe hacer y no debe hacer para usar correctamente pesticidas y controlar las chinches

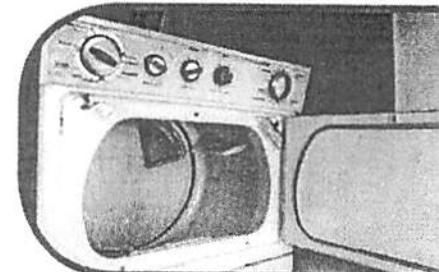
- **Sí:** PRIMERAMENTE inspeccione e identifique correctamente el tipo de plaga que enfrenta. Visite el sitio de Internet: (insects.ncsu.edu/Urban/bedbugs.htm)
- **Sí:** use una combinación de medidas de control – y no sólo pesticidas – para deshacerse de las chinches.
- **Sí:** comience por limpiar, eliminar amontonamientos de objetos y poner a prueba de insectos el cuarto infestado:
 - Reduzca el amontonamiento de objetos en su casa – es un primer paso muy importante;
 - Elimine otros sitios de escondite de las chinches enmasillando las grietas y hendiduras;
 - Embolse y limpie los artículos que hayan estado en el cuarto infestado (ropa de cama, prendas de vestir, cortinas), lave todo y séquelo a alta temperatura;
 - Limpie con la aspiradora el piso, los colchones de la cama, los marcos y cabeceras de la cama, revista los colchones de la cama.



**Elimine el
amontonamiento
de objetos**



Embolse y limpie

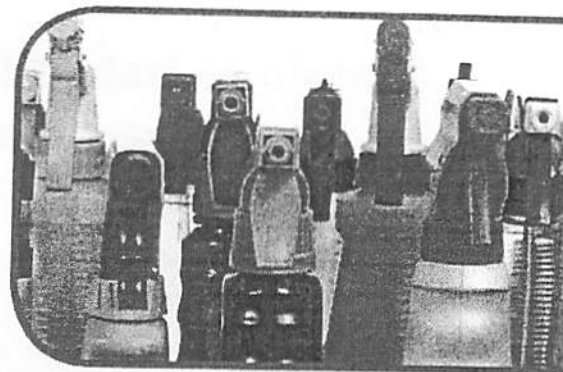


**Seque a temperatura
alta**

- **Sí:** Evite llevar a casa objetos de segunda mano.
- **Sí:** Comuníquese con un profesional en aplicación de pesticidas con licencia y seguro para operar (fumigador) si en su plan de control de chinches piensa usar y aplicar pesticidas.
- **Sí:** Lea las etiquetas de los pesticidas de uso en el hogar, aplíquelos exclusivamente como se le indica.
- **Sí:** Sólo use pesticidas cuya etiqueta especifique la palabra "bedbugs" (chinches).
- **No** use en interiores pesticidas formulados solamente para exteriores.
- **No** aplique mayores cantidades de pesticidas de las que indica la etiqueta.
- **No** use en casa aquellos pesticidas que no han sido formulados para hogares. En otras palabras, no use pesticidas de uso agrícola para eliminar chinches.
- **No** use pesticidas sobre superficies a las que no se les debe aplicar pesticidas, como la piel y el cabello.
- **No** permita que los niños jueguen cerca de superficies recientemente rociadas.

¿Necesita más consejos?

- Universidad Estatal North Carolina State University, Dept. de Entomología, Dr. Mike Waldvogel **(919) 515-8881**.
- Departamento de Agricultura y Servicios al Consumidor de Carolina del Norte, N.C. Department of Agriculture and Consumer Services, Dr. Jung Kim **(919) 571-4756**.
- Si tiene preguntas acerca de un pesticida que tiene planeado usar, acerca del estado de la licencia de una compañía de control de plagas o acerca de la aplicación correcta de un pesticida, comuníquese al Departamento de Agricultura y Servicios al Consumidor de Carolina del Norte, al Control de Plagas Estructurado al teléfono **(919) 733-6100**.
- Información acerca de las chinches, Agencia de Protección Ambiental, Environmental Protection Agency, en el sitio de Internet: **www.epa.gov/pesticides/bedbugs/**
- Las chinches: biología y control (Bed Bugs: Biology and Control); Especialistas de la extensión de entomología, Universidad Estatal, NCSU. Sitio de Internet: **<http://www.ces.ncsu.edu/depts/ent/notes/Urban/bedbugs.htm>**
- Fuerza de Ohio central contra chinches: Guía de control de chinches para inquilinos y propietarios de vivienda (Central Ohio Bed Bug Task Force: Bed Bug Quick Relief Guide for Tenants and Homeowners. Sitio de Internet: **http://centralohiobedbugs.org/pdf/Guidance_for_tenants&homeowners.pdf**
- Herramienta de búsqueda de pesticidas registrados ante la Agencia de Protección Ambiental (EPA por sus siglas en inglés): **<http://cfpub.epa.gov/oppref/bedbug/>**



¿Es seguro usarlo en interiores? ¿Se está aplicando una cantidad segura?



¿Es seguro para los niños jugar en superficies recientemente rociadas?



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Cuando se trata de chinches...¡no pierda la calma!





Centers for Disease Control and Prevention

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Bed Bugs FAQs

What are bed bugs?

Bed bugs (*Cimex lectularius*) are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep. Bed bugs are reddish-brown in color, wingless, range from 1mm to 7mm (roughly the size of Lincoln's head on a penny), and can live several months without a blood meal.

Where are bed bugs found?

Bed bugs are found across the globe from North and South America, to Africa, Asia and Europe. Although the presence of bed bugs has traditionally been seen as a problem in developing countries, it has recently been spreading rapidly in parts of the United States, Canada, the United Kingdom, and other parts of Europe. Bed bugs have been found in five-star hotels and resorts and their presence is not determined by the cleanliness of the living conditions where they are found.

Bed bug infestations usually occur around or near the areas where people sleep. These areas include apartments, shelters, rooming houses, hotels, cruise ships, buses, trains, and dorm rooms. They hide during the day in places such as seams of mattresses, box springs, bed frames, headboards, dresser tables, inside cracks or crevices, behind wallpaper, or any other clutter or objects around a bed. Bed bugs have been shown to be able to travel over 100 feet in a night but tend to live within 8 feet of where people sleep.

Do bed bugs spread disease?

Bed bugs should not be considered as a medical or public health hazard. Bed bugs are not known to spread disease. Bed bugs can be an annoyance because their presence may cause itching and loss of sleep. Sometimes the itching can lead to excessive scratching that can sometimes increase the chance of a secondary skin infection.

What health risks do bed bugs pose?

A bed bug bite affects each person differently. Bite responses can range from an absence of any physical signs of the bite, to a small bite mark, to a serious allergic reaction. Bed bugs are not considered to be dangerous; however, an allergic reaction to several bites may need medical attention.

What are the signs and symptoms of a bed bug infestation?

One of the easiest ways to identify a bed bug infestation is by the tell-tale bite marks on the face, neck, arms, hands, or any other body parts while sleeping. However, these bite marks may take as long as 14 days to develop in some people so it is important to look for other clues when determining if bed bugs have infested an area. These signs include:

- the bed bugs' exoskeletons after molting,
- bed bugs in the fold of mattresses and sheets,
- rusty-colored blood spots due to their blood-filled fecal material that they excrete on the mattress or nearby furniture, and
- a sweet musty odor.

How do I know if I've been bitten by a bed bug?

It is hard to tell if you've been bitten by a bed bug unless you find bed bugs or signs of infestation. When bed bugs bite, they inject an anesthetic and an anticoagulant that prevents a person from realizing they are being bitten. Most people do not realize they have been bitten until bite marks appear anywhere from one to several days after the initial bite. The bite marks are similar to that of a mosquito or a flea -- a slightly swollen and red area that may itch and be irritating. The bite marks may be random or appear in a straight line. Other symptoms of bed bug bites include insomnia, anxiety, and skin problems that arise from profuse scratching of the bites.

Because bed bug bites affect everyone differently, some people may have no reaction and will not develop bite marks or any other visible signs of being bitten. Other people may be allergic to the bed bugs and can react adversely to the bites. These allergic symptoms can include enlarged bite marks, painful swellings at the bite site, and, on rare occasions, anaphylaxis.

How did I get bed bugs?

Bed bugs are experts at hiding. Their slim flat bodies allow them to fit into the smallest of spaces and stay there for long periods of time, even without a blood meal. Bed bugs are usually transported from place to place as people travel. The bed bugs travel in the seams and folds of luggage, overnight bags, folded clothes, bedding, furniture, and anywhere else where they can hide. Most people do not realize they are transporting stow-away bed bugs as they travel from location to location, infecting areas as they travel.

Who is at risk for getting bed bugs?

Everyone is at risk for getting bed bugs when visiting an infected area. However, anyone who travels frequently and shares living and sleeping quarters where other people have previously slept has a higher risk of being bitten and or spreading a bed bug infestation.

How are bed bugs treated and prevented?

Bed bug bites usually do not pose a serious medical threat. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine. Bed bug infestations are commonly treated by insecticide spraying. If you suspect that you have an infestation, contact your landlord or professional pest control company that is experienced with treating bed bugs. The best way to prevent bed bugs is regular inspection for the signs of an infestation.

This information is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. If you have any questions about the parasites described above or think that you may have a parasitic infection, consult a health care provider.

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Content source: [Global Health - Division of Parasitic Diseases and Malaria](#)

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