



Bed Bugs

“Sleep tight, and don’t let the bed bugs bite”. That cute little saying from years ago will be heard again by a new generation. Bed bugs are back! Across the country there have been confirmed reports of bed bug infestations from nice clothing stores as well as second hand shops, housing units, movie theatres, homeless shelters, and other places within New York State, including Yates County.

- Bed bugs are not known to transmit disease, but their bites can cause local skin irritation. If people scratch these bites, that may cause skin infections.
- With big infestations, people may experience anxiety because bed bugs CAN BE VERY DIFFICULT to eliminate. Being bitten while you sleep is very disturbing.
- Bed bugs need to be stopped as soon as possible. It is extremely important to TAKE ACTION before it gets worse.
- Prevent the spread of bed bugs by:
 - ✓ getting rid of clutter (clean up piles of clothes, shoes, papers, books, toys, etc.)
 - ✓ vacuum carpet and upholstery thoroughly and regularly
 - ✓ wash all affected clothing in water as hot as possible and use as hot a setting as material permits in the dryer.
 - ✓ keep laundered items inside sealed bags until the problem has been completely resolved. This may take weeks or months until the bugs and eggs are gone.
- Avoid getting second hand mattresses and upholstered furniture because bed bugs or eggs may be hiding in the creases and can be difficult to spot.
- Bed bugs don’t just hide in beds. They also hide in cracks of wallpaper, edges of carpet, under woodwork and outlet covers, furniture, appliances, photo frames, and many other places.
- You may need to contact a pest control professional because over-the-counter options DON’T WORK for bugs that are hiding in tight places. Refer to the yellow pages under “Pest Control Services”.
- For more information you may call Yates County Public Health 315-536-5160 or toll free 1-866-212-5160.
- The following links can provide more detailed information on bed bug infestations:

NYC Health Dept. website with video:

<http://www.nyc.gov/html/doh/bedbugs/html/home/home.shtml>

Cornell's website: http://www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/default.asp

EPA's Top Ten Bed Bug Tips: <http://www.epa.gov/pesticides/factsheets/bed-bugs-faq-fs.html>

EPA Registered Bed Bug Products: <http://cfpub.epa.gov/oppref/bedbug/>