

Philadelphia Coordinated Health Care

This Publication is for Individuals with Intellectual and/or Developmental Disabilities and their families

ACTIVE NEWS

Do you remember the saying?

“Good Night, Sleep Tight, Don’t Let the Bed Bugs Bite”



Bed bugs are real and they are a big problem. Here are some things you need to know about them.

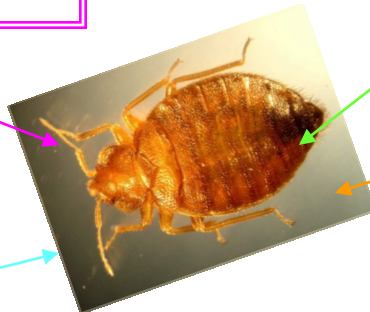


They can be carried into your home on your clothes, in furniture, in your bedding, your purse, in your backpack and even your luggage.

Bed bugs hide in electrical outlets, behind loose wallpaper, picture frames, mattresses, headboards, and even your nightstands.

They come out from hiding in the early morning hours between 2:00 am and 4:00 am.

They often live or hide in groups or clusters.

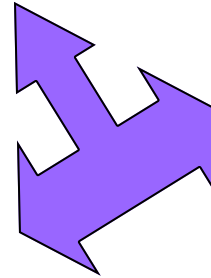
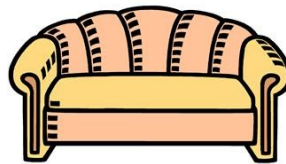
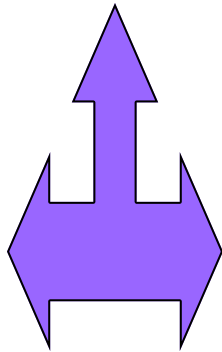
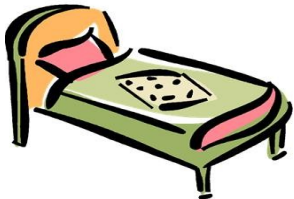


If you have been bitten, don't scratch, apply anti-itch ointment and seek medical attention.

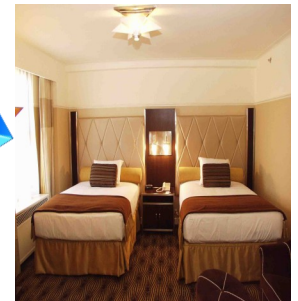
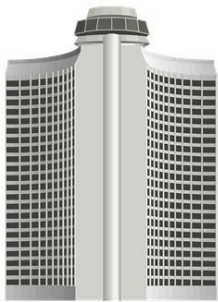
Bed Bugs



Check all used furniture for bed bugs before you bring it into your house.



When staying in a hotel, check the bed headboard, and the seams in the mattress for bed bugs and keep your luggage and clothes off the floor. Put suitcases in a large plastic trash bag to keep bugs out.



Here are some ways to help prevent the spread of bed bugs.

Vacuum your carpet often and throw away vacuum bags outside in the trash.



Keep clutter off floors, where bed bugs can hide.

Wash sheets and blankets at least once a week, and dry on hot setting.



Bed Bugs



What should you do if you think you have bed bugs?

Tell the house supervisor or house manager if you have bed bugs.



DO NOT SPRAY your house for bed bugs.



Call a good pest control company who will work with you to get rid of the bugs.



You don't have to throw your mattress and box spring away if you have bed bugs, put it in a zippered bed bug mattress bag. This is a good idea even if you don't have bed bugs.



The above picture shows you what to look for in your mattress seams. It looks like rust marks.



A Bugs Life

Larry was a different little bug, he was the kind of bug that everyone wanted to be around!! Going here there and everywhere, you would never know where he would show up next. The typical place you would usually find a bug or any kind of insect would be outside around a picnic basket. When people think of bugs they usually think they are itchy, unclean and unhealthy and they more often than not try to avoid them! Larry was a cool little guy!! In the summertime you might find him lying on the beach, to skiing down the slopes in winter!! Every night when Larry would get tucked in his bed he would hope that the next day's adventure would be better than the one before!!



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A Core Program of **MHCC**

Funding provided by Philadelphia Department of Behavioral Health and Mental Retardation Services, the Bucks, Chester, Delaware and Montgomery County Offices of Intellectual/Developmental Disabilities/Mental Retardation and the Office of Developmental Programs, Pennsylvania Department of Public Welfare

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