



香港紅十字會
HONG KONG RED CROSS

Bed Bugs Crisis

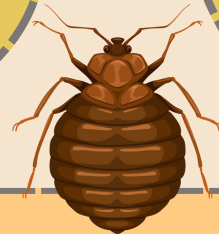
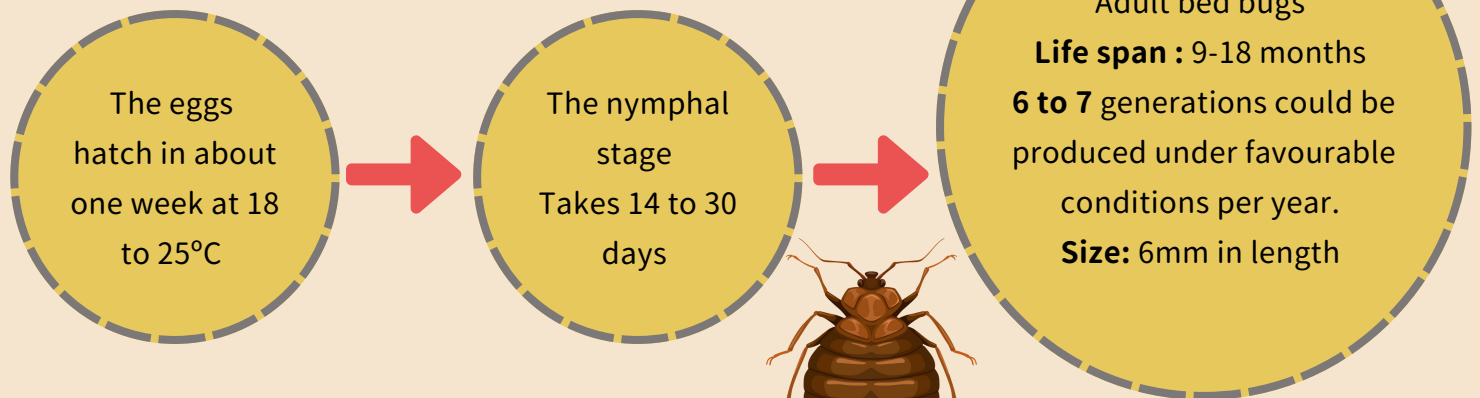


五星健康五星家
社區健康教育計劃
20週年紀念
Five Stars Health, Five Stars Home
Community Health Education Project
20th Anniversary 2003 - 2023

The presence of bed bugs has traditionally been seen as a problem in developing countries. Bed bug is a common kind of domestic blood-sucking bugs in Hong Kong. It has recently been spreading rapidly in parts of the United States, Canada, the United Kingdom, other parts of Europe and Korea.

Bed Bugs

- Bed bugs are flat, oval shaped and wingless bugs
- feed solely on the blood of warm-blooded animals
- Can survive as long as one year without feeding under certain cool conditions
- Usually hide in cracks, crevices and dark places during the day
- Bed bugs go through the egg, nymph and adult stages



Typical hiding places of bedbugs

- In the folds and tufts of mattresses, coils of springs, cracks and hollow posts of bedsteads
- Upholstery of chairs and sofas
- Behind loose wallpaper
- Behind pictures on the wall
- Under door and window casings
- Behind baseboards
- In light fixtures or cabinets



How bedbugs spread

Bed bugs crawl, attach themselves to furniture and to luggage, and even use the human body as a vehicle to break out in a community.

Looking for Signs of Bed Bugs

- Rusty or reddish stains on bed sheets or mattresses
- Tiny pale yellow eggs or eggshells
- White, oval eggs that are about as big as an apple seed
- Bite marks are often found on body parts not covered while sleeping (e.g. face, neck, arms, and hands)



Hazards Caused by Bedbugs

- May cause skin irritation/ skin rashes
 - Sleepless night as a result of their biting
- *Bedbugs have never been shown experimentally to be important in the transmission of disease.

Control and Prevention of Bedbugs



Regular cleaning and vacuuming of premises



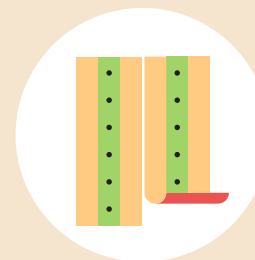
Regular washing and inspecting of bedding and clothing



Maintaining a non-humid domestic environments



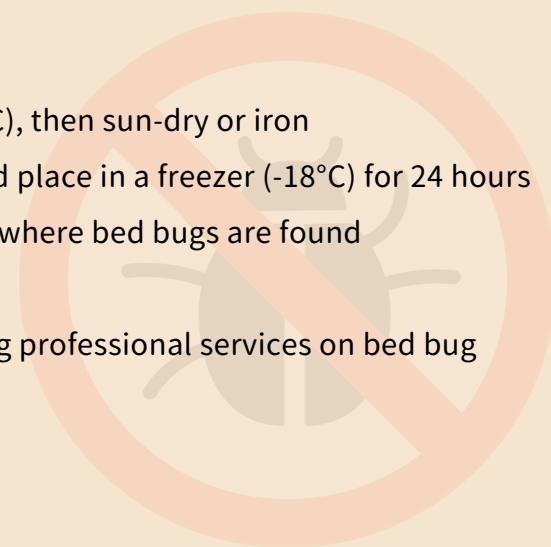
Avoid using second-hand furniture



Replace loosened wallpapers and seal off cracks and crevices

If signs of bed bug are found, we should

- Wash infested blankets and bedclothes in hot water (60°C), then sun-dry or iron
- Seal items that cannot be heat-treated in plastic bags and place in a freezer (-18°C) for 24 hours
- Apply hot air or steam directly to the cracks and crevices where bed bugs are found
- Apply residual insecticides where bed bugs are found
- Consider appointing a pest control company for providing professional services on bed bug control and prevention



Travelling Tips

When you are travelling,

- Use hard-cased luggage if possible
- Inspect hotel room of any sign of bedbugs
- Avoid placing luggage on carpet
- Keep bags closed when not in use
- Seal the luggage in plastic bag and discard the plastic bag when leaving hotel

When you are back to Hong Kong

- Check luggage and clothing carefully for bed bugs
- Manage the clothing and items with hot water and steam as advised above

References:

Food and Environmental Hygiene Department
The Chinese University of Hong Kong
The Centre for Health Protection

The above information is for reference only.

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