

# MINISTRY OF HEALTH

Public Health Directorate / Environmental Health  
Cooperation with Health Education Section

## WHAT A BEDBUG IS ?

A bedbug is a small (about the size of a pencil eraser), flat, reddish-brown bug that can be found in homes all over the world. It hides during the day and comes out during the night to look for blood. A bedbug has a special ingredient in its saliva (spit) that keeps blood from clotting while it's eating.

## WHAT A BEDBUG BITE LOOKS AND FEELS LIKE ?

If a person gets bitten by a bedbug, the bite will feel itchy. Bedbug bites look like little red bumps, and they can sometimes occur in a line on the body.

## WHAT YOU SHOULD DO ?

If you think you've been bitten by a bedbug, wash the bites with soap and water. Put on some calamine lotion to help with the itching. An adult can find an anti-itch cream at the drugstore for you. Try not to scratch the bites too much, because this can make the bites become infected.

## WHAT A DOCTOR WILL DO ?

If you get an infection from scratching bedbug bites, a doctor will need to prescribe medication to clear up the infection.

## HOW TO AVOID GETTING BITTEN ?

The best way to avoid getting bitten by bedbugs is to keep your room clean by changing your sheets once a week and vacuuming the floor often. If you have bedbug bites, ask a specialist to spray your bed and baseboards with a special insecticide that will kill the bedbugs where they live.

# Hey ! A Bedbug Bit Me !

