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## Bed Bugs: A Nightmare You Want to Avoid

Bed bugs (parasitic insects that feed on blood from humans) are unfortunately on the rise throughout the United States, including here in San Bernardino County. The County of San Bernardino, Department of Public Health, Division of Environmental Health Services – Mosquito and Vector Control Program has been tracking bed bug complaints over the past several years, and complaints are steadily rising.



If you answer yes to any of the following questions, you could be at risk of getting bed bugs and bringing them into your home. Have you ever:

- Had guests spend the night?
- Stayed in a hotel?
- Been to an airport or flown on a plane?
- Had a child in daycare, school or camp?
- Hosted a slumber party?
- Been to a movie theater?
- Had furniture or new mattress delivered?
- Shopped at a thrift store or garage sale?

Make sure you don't get bed bugs! Whenever staying in a hotel, peel back the sheet covers and do a thorough check of the entire mattress and around the headboard, baseboard, etc. Bed bugs are small and very good at hiding, so you must look closely to see if there is an infestation. Don't put your clothing into the dressers / bureaus provided, as this increases your risk of getting bed bugs. If the hotel room has a musty smell, that is a tell-tale sign of a possible infestation.

Check out the CDC's Bed Bugs FAQs page at <http://www.cdc.gov/parasites/bedbugs/faqs.html> for more information on what bed bugs are, the signs and symptoms of a bed bug infestation, and how to know if you've been bitten by a bed bug.

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## Preventing West Nile Virus

So far this year, two samples of mosquitoes have tested positive for West Nile Virus (WNV) in San Bernardino County. It's important for people to practice the 5 D's to prevent infection with WNV.



- **Drain or Dump** – Remove any standing water around your property where mosquitoes could lay eggs. Examples include birdbaths, old tires, green swimming pools, ponds, clogged gutters, buckets, and puddles from leaky sprinklers.
- **Doors** – Ensure that your doors and windows have tight-fitting screens. Be sure to replace or repair screens that have holes or tears in them to prevent mosquitoes from entering your home.
- **Dawn and Dusk** – As much as possible, avoid spending time outside when mosquitoes are the most active.
- **Dress** – If you do have to be outside around dawn or dusk, be sure to wear socks, shoes, long pants, and long-sleeved shirts that are loose-fitting and light-colored.
- **DEET** – Use insect repellent containing DEET according to manufacturer's directions.

For more information about how to prevent WNV, visit the CDC's website at [www.cdc.gov/westnile](http://www.cdc.gov/westnile) or the California Department of Public Health's website at <http://westnile.ca.gov>. If you have questions about WNV and vector control, you can call the County of San Bernardino, Department of Public Health, Division of Environmental Health Services – Mosquito and Vector Control Program at (909) 388-4600.

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### Mobile Website for the Division of Environmental Health Services (DEHS)

Did you know we have a mobile website? You can now access DEHS resources even if you're away from your home/office by visiting <http://m.sbcounty.gov/dehs> on your smartphone. Use your iPhone, Android or Blackberry to see the latest news from DEHS, or submit a complaint while information is still fresh in your mind. Our mobile website won a 2012 National Association of Counties (NACo) Achievement Award for Information Technology. Check out our mobile website today!



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*If you have any questions or comments, please contact Amanda Gaspard, Health Education Specialist, at 800-442-2283 or [Amanda.Gaspard@dph.sbcounty.gov](mailto:Amanda.Gaspard@dph.sbcounty.gov).*



***We protect public health and safety by  
providing vector control services and education***