



Unit 4 Lesson 5: An Ounce of Prevention

Hey! A Bedbug Bit Me!

Handout 3

KidsHealth

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.



Bedbugs Bite the Big Apple

New York City saw an increase in bedbugs in 2004 and 2005. They even crept into some fine hotels. And hotel guests spending hundreds of dollars a night on a room do not want to be bitten by bedbugs. Some of the guests even sued!

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 an adult to spray your bed and baseboards with a special insecticide that will kill the bedbugs where they live.



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