

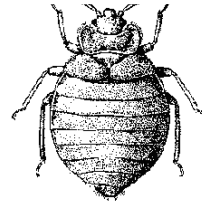


PORTLAND MAINE

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Cayayaanka sariirta

Maxay yihiin cayayaanka sariirtu?

Cayayaanka sariirtu way yar yar yihiin, midabkooduna waa buni, wayna goobaaban yihiin. Ma duulaan, ma boodaan, laakiin dhakhso ayay udhaq dhaqaaqaan. Waxay badanaaba soo baxaan habeenkii oo maalintii way is qariyaan. Waxay dhalaan beed/ukun cad cad oo noqota cayayaan sariireed oo yar yar.

What are bed bugs?

Bed bugs are small, brownish-reddish, flat, oval-shaped insects. They feed on human blood and also small animals or birds and may live for many weeks without eating. They do not fly or hop but are fast-moving. They usually come out at night and stay hidden during the day. They lay many small white eggs that hatch into more young bed bugs.

Sidee bay xagan uyimaadaan?

Cayayaankani way yar yar yihiin sidaa daraadeed waxay isku qarinqaraan ama kadusi karaan daloolada yar yar oo waxay dhex galaan alaabada guriga oo ay kamid yihiin dharka, go'yaasha sariirta, shandadaha iyo feemijarka. Meelaha ay isku qariyaan waa furaashka/joodariga qarkiisa, dal daloolka dhulka, roogaga, alwaaxa iyo feemijarka. Waxa ugu badan inay joogaan meelaha dadku aad u isticmaalaaan, sida masraxyada, sheltarada, basaska, tareenada iyo hudheelada.

How did they get here?

Because bed bugs are small and flat, they can hide in small cracks and move easily from place to place. They get into your house on things like furniture, clothing, bed sheets and suitcases. Common hiding places include mattress seams, floor cracks, carpeting, baseboards and furniture. They are more likely to be where people come and go a lot, such as theaters, shelters, buses, trains, and hotels.

Waa maxay calaamadaha lagu garan karo cayayaanka sariirta?

Cayayaanka sariirtu waxay kudhagaan jidhka si ay dhiiga uga nuugaan. Taasina waxay jidhka ugaysataa ina nabar kuus kuusan kasoo baxo, sida marka cayayaanka kale qaniinaan. Nabarku cun cun badan ayuu yeelan karaa, infekshana wuu gali karaa hadii xoqitaanka laga badiyo. Cayayaanka sariirtu haday bataan, waxa dhici karta ina ur macaan kuu uro, ama aad dhiig ku aragtid gogosha ama meelaha ay ku dhuuntaan agagaarkooda.

What are the signs and symptoms of bed bugs?

Bed bugs jab into the skin to suck blood for their feedings. This causes areas of swelling or red bumps like other bug bites. The bites may itch and can become infected if scratched repeatedly. Large numbers of bed bugs can cause a sickly sweet-smelling odor and you may see bloody or dark spots on bed sheets, posts or frames and around their hiding places.

Sidee loo daaweeyaa qaniinka cayayaanka sariirta?

Badanaa daawo looguma baahna qaniinka cayayaanka sariirta. Farnasiga dawo lago helo ayaa jirta; sida "calamine lotion" waa kiriim cun cunka dadka kacaawiya. Cun cun dheeraad ah, infekshan, xumad/qandho, xanuun, dheecaan

How are bed bug bites treated?

No medicine is usually needed to treat the bites. A drug store product like Calamine lotion may help to stop the itching. For really bad itching, or if there are signs of infection, like redness, fever, pain, or oozing, see your doctor. **Bed bugs are not known to carry disease.**

Sidee baa looga takhalusi karaa cayayaanka sariirta?

Sida loo kantaroolo cayayaanka sariirtu waxay ubaahantahay qorsho badan iyo dadaal. Daawooyin ayaa jira loo yaqaan “pesticides”, laakiin dhibaato ukeeni kara dadka hadii aan sida loogu talagalay loo isticmaalin. Sidaa daraadeed, waxa ugu wanaagsan inaad qaybta loo yaqaan “pest control” laxidhiidh, oo ku takhsuusa hawlahanoo kale. Intaanay qoladaasi kuu iman waa inaad:

1. Alaabada ciyaalku ku ciyaaraan, buugaagta, suxuunta iyo waxyaalihii kale dhulka yaala, ama feemijarka saaran aad qaadid. Shaqaday qaban lahaayeen ayaa ufududaanaysa, cayayaankuna waa meelahay jecelyihiin inay ku dhuuntaan.
2. Ku dhaq dharkoo dhan, gogosha, iyo wixii kalee dhaqmi kara biyo kulul, oo ku qalaji qalajiso kulul. Guriga hasoo galin ilaa iyo inta labuufinayo.
3. U xaaq dhulka, gidaarada, feemijarka iyo furaashyada/joodariyada si wanaagsan. Tuur bacda qashinka sifiicana u xidh.
4. Waxa ugu wanaagsan inaad tuurtid furaashka/joodariga hadii cayayaan galo. Hadii aanay kuu suurto galeyn, laga yaabaa inay shaqaaluhu kuu buufiyaan furaashka/joodariga. Waa inaad bac loogu talagalay furaashyada iyo barkimooyinka kabacdi gelisa.

Waa inaad guriga kabaxdid marka ay shaqaaluhu buufinayaan. Laba saacadood kabacdi marka labuufiyo ayaad kusoo noqon kartaa, si aanay suntu wax kuu yeelin. Marka marka qaarkood waxa soo hadha xoogaa cayayaan ah, hadii ay taasi dhacdo, wac shaqaalaha si ay mar labaad u buufiyaan guriga.

How do you get rid of bed bugs?

Control of a bed bug problem needs careful planning and effort. Pesticides are needed to kill them but they can harm humans if used in the wrong way. For that reason, it is best to contact a local pest control company to get rid of them safely. Before the pest control workers arrive you should:

1. Pick up toys, books, dishes and other belongings that may be on the floor or on the furniture and put them away. They get in the way of the workers and are also good places for bed bugs to hide.
2. Wash all clothing, bedding, and other washable items in hot water and dry them in a hot dryer. Do not bring them back into the house until after it has been sprayed.
3. Vacuum floors, walls, furniture and mattresses thoroughly. Throw away the vacuum bag in a sealed trash bag after use.
4. It is best to throw away mattresses once bed bugs get into them. If this is not possible, the workers may be able to spray parts of the bed and you will then need to buy a zippered vinyl mattress cover and vinyl pillowcases for each bed. Leave these covers on for six months to a year.
5. You must leave the house while the workers are there and wait until two hours afterwards to avoid being hurt by the spray. Sometimes, a few bed bugs remain. If so, call the workers to come back to spray the house a second time.