

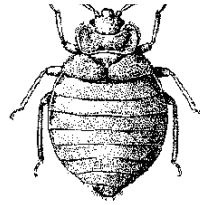


PORTLAND MAINE

Strengthening a Remarkable City, Building a Community for Life • www.portlandmaine.gov

Health & Human Services Department
Douglas S. Gardner, Director

Public Health Division
Julianne A. Sullivan, MPH, MBA, Director



Lakom ot/Cware

Lakom Ot/ Cware en aye ngo?

Lakom ot tye kwidi matidi ma rep, ma kwar. Lakom ot kwo ki cwiyo remo pa dano dok cam onyo winyi, lee matino, twero bene kwo pi cabit ma pol labong camo cam. Lakom ot pe pyee ii wi yamo ento tye ki dwero matek. Gin gi maro bino woko ki wor ma kun gi kano kom gi ki dyer cieng. Lakom ot maro bolo tong'e matar maloke dok lakom ot mukene nyo cware.

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.

Gi ok kany ning ning?

Pi en lakom ot tidi, marep, gi twero kanne ikor ot ma otyer makun gi twero wot ki kaciél imukene. Gi donyo ii odi ki li ga ma cal komi, bongi, cuka nyo sanduk. Ka ma gin gi maro kanne iye en aye mupolici, wang kitanda, dye ot ma otyer, te carpet ki jami ma cal komi. Ka mukene ma lakom ot nong'e iye an aye ka ma dano woto iye madwong cal ka neno cinema, ot gony, idye bac, gar ki dye motel.

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.

Gin ango ma nyuto ni lakom Ot tye ka cwiyo in?

Lakom ot por ii wi del ma megí ka cwiyo remo dok cam ma mere. Pi man awela kom ii ka ma gi cwiyo ni, loke bene makwar kit ma kwidi ka okayo in jwi time. Ka ma gi kayo ni cako yil ma kun twero kelo two ka ibedo ka gwado ne pi wang ma pol. Lakom ot ma dwong ngeuche twero ngwe cal cwit makun remo nyo cilo twero nen ii wi cuka nyo ka ma gi kane iye.

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.

Gitwero cango kac -Lakom ot ning ning?

Pe gimito yat owek gi cang gi kac-Lakom ot. Yat acata ma cal Calamine ma gi twero dunyo ne ikom twero konyo ayila kom. Ka kom yilo marac, nyo ka dok kac mito nen makwar, nyo lieto kom, arem kom, giro tam, omyero inen daktar pi

oyot. Lakom-ot pe twero kelo two.

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.**

Itwero neko Lakom-ot ning ning?

Kit me gengo nyo juko Lakom-ot mito tam ki diro. Yat me neko lakom-ot mite ci ento yat ne bene twero wano dano ka gi tiyo kwede ii yoo marac. Pi man omyero ilwong lotic nyo kampani ma tic megii me neko kwidi ma cal lakom-ot wek gi nek Lakom ot labong wano dano. Ma pud lotic me neko lakom-ot pe gu ok omyero:

1. kwany gin tuko, buk, cawani ki jami ma pol ma tye ii dyer ot onyo iwi kom kwany gin kit gin cien. Jami menu tye ka cung ii yoo pa lotic ma kun lakom-ot kanne iye.
2. lwok bongi ducu, cuka, ki gaa ducu ma twero lwoke, ii dye pii ma lyet ka itwo gin ii ka ma lyet. Pe idwok jami ducu idyer ot ma pwud pe gi reyo ki yat me neko Lakom-ot.
3. ywee dyer ot , kor ot, komi ki vakium, kabuto ki mupolisi weng obed maleng. Bol kic me vakium woko ma kun itweyo dok kic ne inge tic kwede.
4. gin maber ma omyero in itim en aye bolo ka buto nyo mupolisi ma lakom ot otyeko donyo iyee. Ka bolo ka buto nyo mupolisi pe twere, lotic twero reyo ngete ma gin gitwero ne, ci myero iwil la um mupolisi ki pilo ma tye ki zipa ii kabuto mo kenken ma twe ii odi.
5. omyero ii bwot kare bot lotic ma pud pe gucako tic ka bene idwok wang cawa ariyo ingeye ma tic otum wek pe gi rom komi. Kare mukene Lakom-ot pudi twero dong. Pi man, lwong lotic myero gi nwa kiro yat pi kare me ariyo.

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.