Bed Bugs

The common bed bug has long been a pest – feeding on blood, causing itchy bites and generally irritating their human hosts. The Environmental Protection Agency (EPA), the Centers for Disease Control and Prevention (CDC), and the United States Department of Agriculture (USDA) all consider bed bugs a public health pest. However, unlike most public health pests, bed bugs are not known to transmit or spread disease.

**Myth:** Bed bugs live in dirty places.

**Fact:** Bed bugs are not attracted to dirt and grime; they are attracted to warmth, blood and carbon dioxide. However, clutter offers more hiding spots.

**Myth:** You cannot see a bed bug.

**Fact:** You should be able to see adult bed bugs, nymphs and eggs with your naked eye.

Flu “Bugs”

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling febrile/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

Most experts believe that flu viruses spread when people with the flu cough, sneeze or talk. Droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

An annual flu vaccine is recommended for anyone who wants to reduce their risk of becoming ill during the winter months. Given that the flu is unpredictable, it is recommended that everyone receive the vaccine to help reduce the chance of getting or spreading the flu.

Crabs (a sexually transmitted bug!)

Pubic Lice, also called “crabs” are tiny little insects that are typically found in the hair around the genital area.

People do not usually get any symptoms until having pubic lice for about five days. Some people never get symptoms. When symptoms do appear, they may include: intense itching in the genital area or the presence of lice or small egg sacs, which are called nits, in pubic hair.

People often diagnose themselves with pubic lice. Seeing a health care provider at UHS can help you know for sure. Once you have identified the infection, treatment is necessary. Most over-the-counter lice treatments will work for crabs, however, thoroughly washing all of your linens, clothing, and towels is important to rid your environment of the lice as well.

Most importantly, if you have had sexual contact with a partner, be sure to let them know, as they will likely need to seek treatment as well!

Need a Flu Shot?

River Campus Flu Vaccine Clinic

October 30th
9:00am—5:00pm
Goergen Athletic Center

Please bring your friends, UR ID, and insurance card.