

臭蟲的生態和特徵

臭蟲屬於半翅目昆蟲。對人類造成滋擾的臭蟲有兩種，牠們分別是溫帶臭蟲(*Cimex lectularius*)及熱帶臭蟲(*Cimex hemipterus*)。前者遍布全球，後者則主要見於熱帶地區。兩種臭蟲在本港都可以找到。



圖一：熱帶臭蟲成蟲 (*Cimex hemipterus*)

臭蟲的身軀扁平且呈橢圓形，沒有翅膀，體長約6毫米(圖一)。牠們可用刺吸式口器刺穿動物的皮膚，吸食其血液。臭蟲只會吸食溫血動物的血液維生，而且會靠感應動物的體溫以及呼出的二氧化碳來尋找吸血目標。

臭蟲主要在晚間活動，在日間時通常會匿藏在縫隙和黑暗的地方。當周圍的光線微弱(特別在晚間)時，臭蟲便會活躍起來。臭蟲喜歡匿藏在床墊的摺疊縫合處及飾縫裝飾、彈簧、床架的縫隙和空心床柱，以及椅子和沙發的軟座內。若果蟲患嚴重時，更可在剝落的牆紙背面、牆畫後面、門窗框下面、護壁板後面甚至照明裝置或櫃內等地方發現臭蟲的踪影。

臭蟲造成的危害

雖然人類被臭蟲叮咬後可能會出現皮膚敏感，以致晚上難以安睡，但從來沒有實驗證明臭蟲是傳播疾病的重要媒介。

防治臭蟲的方法

- 有臭蟲的毛氈及寢具須用熱水(攝氏60度)洗滌，並在陽光下曬乾或以高溫整熨
- 嬰兒被褥(包括嬰兒床)應使用物理防治方法，盡可能避免使用留效殺蟲劑
- 不能以高溫處理的物品，可放於膠袋內密封，再置於冰箱(攝氏零下18度)24小時，以殺滅臭蟲
- 可直接把熱空氣或熱蒸汽噴入發現臭蟲的裂縫和罅隙，以達到殺滅臭蟲及臭蟲卵的目的。
- 定期清潔處所及吸塵
- 定期檢視被褥衣服
- 保持家居環境乾爽
- 避免使用二手家具
- 盡快更換剝落的牆紙及填塞縫隙
- 注意酒店房間內是否有臭蟲，以避免把臭蟲帶回家中

如有需要，請聘用私人滅蟲公司以提供防治臭蟲的專業服務。

如有查詢，請致電2868 0000與食物環境衛生署聯絡。

Guidelines on Bedbugs Prevention and Control in Domestic Premises

Biology and Characteristics of Bedbugs

Bedbugs are insects belonging to the order, Hemiptera (半翅目). There are two species of bedbugs causing nuisance to humans, namely the common bedbug, *Cimex lectularius* (溫帶臭蟲), and the tropical bedbug, *Cimex hemipterus* (熱帶臭蟲). The former is distributed worldwide while the latter is mainly found in tropical regions. Both species have been recorded in Hong Kong.



Fig 1: An adult of *Cimex hemipterus*

The bedbugs are flat, oval shaped and wingless bugs of about 6mm in length (Fig 1). Bedbugs have piercing-sucking mouthparts that enable them to pierce skin and suck blood from their hosts. The food of bedbugs is solely the blood of warm-blooded animals. Bedbugs locate their hosts

by responding to the warmth and carbon dioxide emitted by them.

Bedbugs are mainly nocturnal and usually hide in cracks, crevices and dark places during the day. Bedbugs are active when ambient light levels are low, especially at night. Typical hiding places of them are in the folds and tufts of mattresses, coils of springs, cracks and hollow posts of bedsteads, and upholstery of chairs and sofas. In heavy infestations, bedbugs are frequently found in places such as behind loose wallpaper, behind pictures on the wall, under door and window casings, behind baseboards and even in light fixtures or cabinets.

Hazards Caused by Bedbugs

Although bedbugs may cause skin irritation and sleepless night as a result of their biting, they have never been shown experimentally to be important in the transmission of disease.

Control and Prevention of Bedbugs

- Wash infested blankets and bedclothes in hot water (60°C) and dried in the sun or hot ironed
- Treat the bedding of infants, including cribs by physical means rather than with residual insecticide
- Seal items that cannot be heat-treated in plastic bags and placed in a freezer (-18°C) for 24 hours to kill the bedbugs
- Apply hot air or steam directly to the cracks and crevices where the insect is found in order to kill them and their eggs
- Clean and vacuum premises regularly
- Inspect bedding and clothing regularly
- Maintain a non-humid domestic environment
- Avoid using second-hand furniture
- Promptly replace loosened wallpapers, and seal cracks and crevices
- Stay alert on the presence of the insect in hotel rooms during travelling to prevent bringing the insect back home

Consider appointing a pest control company for providing professional services on bedbugs control and prevention.

For enquiry, please contact the Food and Environmental Hygiene Department on 2868 0000.

住用處所內 防治臭蟲的指引