

BED BUGS

At this time, public health scientific evidence does not show that bed bugs spread disease. If a suspected bed bug is found on a student or their belongings, the school nurse, school principal or principal will discreetly remove the child from the classroom so the school nurse or qualified individual can perform an inspection of child's clothing and other belongings (including but not limited to: shoes, jackets, hats, books, backpacks, school supplies, etc.). Any of the child's unneeded items, such as book bags, will be placed into a large plastic bag and tightly sealed. The parent will be notified of the bagged items upon picking up their child from school.

General Information:

- Bed bugs are small, flat insects, usually reddish-brown and up to ¼ inch long.
- Bed bugs do not fly or hop, but can move quickly across floors and walls.
- Bed bugs can survive months without feeding.
- During the day they hide in mattresses, box springs, couches, furniture, nightstands, curtains, wall voids, behind baseboards, door and window frames, and carpet edges.
- At night they feed on blood of animals, including people and pets.
- The bug's beak-like mouth painless pierces its victim, injects saliva and sucks up the host's blood in about three to five minutes.
- Their only food is blood.
- Bed bugs are not known to transmit disease.
- Bites can cause an intense itch and scratching could produce secondary infections.

Signs of Infestation:

- Spots of blood left on bed sheets indicate bed bug biting.
- Brownish-black specks and bed bug "shells" indicate a bed bug infestation.
- A peculiar, musty, raspberry odor from bed secretions may be noticed where bed bugs are present.

How bed bugs are spread:

- Bed bugs attach to luggage, backpacks, clothing, beds and furniture, and move when and where those objects are moved.
- Bed bug outbreaks are often traced to travel, particularly travel in a country where bed bugs are common.
- Use of secondhand furniture, particularly beds and couches, is another way bed bugs can be spread.
- Also, bed bugs can quickly spread from one unit to the next in multi-unit dwellings such as apartment buildings.

To prevent acquiring bed bugs:

- Keep all beds pulled slightly away from walls, furniture, and curtains
- Make sure bedclothes don't touch the floor.
- Sprinkle Diatomaceous Earth around legs of bed frame.
- Keep the floor under and around beds free of clutter.
- Change sheets and pillow cases weekly (wash in either hot water or machine dry at medium or high heat for 30 minutes).
- Use fitted sheets on the mattress, or tuck in sheets under the mattress.
- Use light colored sheets and check for discolored spots when removing them from the bed.
- Look for signs of bed bugs along the seams of the mattress in places you stay (hotels, motels) and keep your bags and luggage off the floor and bed by placing them in the bath tub.
- Do not place anything (luggage, blankets, pillows, stuffed toys) that may contain bed bugs onto any bed. Be careful when returning from a trip.
- Only sleep on beds. Do not sleep on couches or in upholstered chairs.
- Inspect all used furniture carefully for bed bugs before bringing it into a home-do not scavenge furniture left on the street.

If there is a bed bug infestation:

- Vacuum infested areas (including mattresses and box springs) and dispose of the contents in sealed garbage bags or trash containers outside.
- Remove the pillows, sheets, blankets mattress, and box springs and wash sheets and blankets. Dry all items on medium or high heat for 30 minutes. Do this weekly.
- Items cannot be completely inspected or cleaned should be thrown out.
- Keep all clothing, stuffed toys, and any cloth items up off the floor.
- Keep furniture and beds slightly away from the walls.
- Tightly seal mattresses and box springs inside mattress encasements. Seal zipper with duct tape.