



FACT SHEET: Bed Bugs

Bed bugs, are a problem worldwide, and are an inconvenience, but the good news is they do not transmit disease and mostly cause itching and loss of sleep. Bed bugs are reddish-brown in color, 1mm-7mm in size, and can live for months without a meal.

Infestations usually occur around sleeping areas, especially in the seams of mattresses and box springs, etc. and they tend to live within 8 feet of sleeping areas. Regular inspection for signs of an infestation is the best way to prevent bed bugs. Insecticide treatment may be necessary.

Bed bugs are usually spread by:

- People traveling, by hiding in seams of luggage, bags, clothes, bedding, and furniture. Most people do not realize they have them.

Please monitor your child and inspect the household for the following:

Bite marks on face, neck, arms, hands or other body parts while sleeping	Rusty-colored blood spots and fecal material excreted on mattress or nearby furniture
	Sweet or musty odor

If your child develops any symptoms, please carefully inspect clothes and backpacks before returning to school. Consult with your healthcare provider.

Prevention:

- Regularly inspect seams of clothing, bookbags, mattresses, and furniture.
- When traveling, always inspect high-risk areas.

Individuals at High Risk:

Always consult with your healthcare provider with any questions or concerns. People at higher risk for secondary infections are younger children, older adults, (>65), pregnant women, and anyone whose immune system is compromised. Contact your healthcare provider as soon as possible.

Return to School:

Students do not need to be excluded from school for bed bug bites. All backpacks and clothing should be inspected prior to attending school.

Any questions please email/call your school nurse, (found on your home school website).

For more information: <https://www.cdc.gov/parasites/bedbugs/faqs.html>