What Are Bed Bugs??





Bed bugs are small, brownish, flattened insects that feed on the blood of people while they sleep. Although the bite does not hurt at the time, it may develop into an itchy welt similar to a mosquito bite. Bed bugs do not transmit disease, but they can cause significant itchiness, anxiety, and sleeplessness. Bed bug infestations are also very difficult and expensive to control. Usually, bed bugs will hide during the day and only come out to feed during the night. Unlike head lice, they do not live on a person. However, they can hitchhike from one place to another in backpacks, clothing, luggage, books, and other items.

Can Classrooms Be Infested??

Actual bed bug infestations in schools are uncommon. More commonly, a few bed bugs will hitchhike to school from an infested home by hiding in a student's clothing or backpack. Bed bugs that hitch a ride into the school in one student's backpack could be carried home by another student, making the school a potential hub for bed bug spread. This is not a minor concern – bed bugs are very expensive and difficult to eradicate.

How to Eliminate Bed Bugs

1. Locate all possible places that the bed bugs might be hiding. Bed bugs can be found:

• In crevices • Under, inside and behind all furniture

• In seams and around piping on mattresses • On walls, pictures, curtains, and mirrors • On clothing, luggage, and in closets

2. Thoroughly clean everything in the room

• Steam vacuum the room completely • Wash sheets and pillow cases immediately in hot water at or above 97 degrees Fahrenheit • Throw away infested furniture especially mattresses and sofas

3. Work with a licensed professional exterminator to thoroughly treat all places where the beg bugs inhabit:

• Help to clean out and take apart furniture • Remove drawers from desks and dressers • Eliminate clutter to limit hiding places

How to Prevent Bed Bugs

1. Change bed linens at least once a week, and wash in hot water even if unused2. Cover clean mattresses with a zipper mattress cover designed to keep out bedbugs

3. Seal all holes in floors and walls4. Seal all wooden bed bases5. Employ the REGULAR services of a professional licensed pesticide applicator

With a Meal **Without a Meal**



