



Don't let the Bed Bugs BITE!

A Parent's Guide to Preventing the Spread of Bed Bugs



Other Tips for preventing Bed Bugs from "Hitchhiking" Home:

- Do not pickup or buy used furniture at yard sales, roadsides or dumps.
- When staying at a hotel, always thoroughly inspect the room prior to bringing in your bags or sitting on any furniture. Use a flashlight and pull back sheets and mattress pad. Inspect along mattress tufts, nightstands, headboards, etc. If you find any bugs, skin sheds, or blood stains, tell the management and move to another room!
- Heat is the enemy of bedbugs. Temperatures over 115 degrees F kill the bugs and their eggs. If you encounter bedbugs, it is best to not bring your clothes, bags, etc. into your home. In the summer time, you may place all items in a sealed black trash bag and place in direct sunlight for several days. If necessary, normal household clothes dryers reach temperatures adequate to kill the bugs and their eggs. Always run items for two full cycles to assure temperatures were met.



Close inspections and placing personal items in sealed plastic bags can assist in keeping bed bugs from getting in your house.



What Can I Do To Keep My Child From Accidentally Bringing Home Bed Bugs?

- ⇒ Inspect your child's backpack and clothing upon arriving home from school. Many times, live bedbugs will "hitchhike" on backpacks and jackets. Close inspection can easily reveal these bugs before you set them in your house.
- ⇒ If you don't feel comfortable searching for the bugs on backpacks and clothes, put them in the dryer. Heat kills bedbugs and their eggs. Let them stay on HIGH heat for at least a full cycle or two to assure necessary temperatures are met.
- ⇒ Place all items that go to school and come back such as lunchboxes, backpacks, jackets, etc. into a plastic bag while its in your house. Try to place this bag on a hard surface and not in the bedrooms.

All public buildings at risk.

Recently, Kentucky and other states have seen an increased number of bed bug infestations plaguing residents of our communities. As bed bugs infest more and more homes, they may find their way into schools and other public facilities. We must take proactive steps to prevent infestation and stop them from spreading into additional homes.

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.



Inspecting backpacks of children is extremely important in bed bug prevention.

What if I have Bed Bugs??!

If you find yourself with a bed bug problem....Don't panic! Most often it is best to get a positive identification on the bug. Most extension agents and health departments can assist you in identification in addition to pest control companies. Put the bug in a container with isopropyl alcohol to kill and preserve it before bringing it out of the house. If you are certain that bed bugs are your problem, contact a pest control company immediately. While there are many over the counter remedies that claim to eliminate bed bugs, most of them have little to no residual, therefore require direct spraying onto the bugs to kill them. Additionally, seldom are eggs affected at all by these products. A thorough integrated pest plan by a professional pest control company is most often the most effective way to rid your self of these bugs.