

## MANAGEMENT OF BED BUGS IN SCHOOLS

<b>Category</b>	<b>Health and Safety</b>		
<b>Subject</b>	<b>Management of Bed Bugs in Schools</b>		
<b>Adopted</b>		<b>Revised</b>	October 2019
<b>Policies Used / Referenced</b>			

### Policy Statement

The principle of this policy is to provide a standard of practice for all schools when addressing the issue of bed bugs.

#### Definition:

Bed bugs are non-disease carrying insects without wings, so they cannot fly or jump. They prefer to feed on human blood but also bite mammals and birds. Typically, they bite at night.

#### Lifecycle

- There are 3 life-stages: eggs, nymphs and adults. They multiply quickly.
- Able to live for 1 year and lay 2-400 eggs which can take 6-17 days to hatch
- Can live without feeding up to 6 months

#### Appearance

- Eggs are whitish, pear-shaped and the size of a pin-head
- Bed bugs prior to feeding are oval shaped, clear and 1.5 mm in length
- Grow to 6.5mm after feeding turn dark red and become bloated (size of an apple seed)

#### Signs of bed bugs include:

- bites or rashes on humans especially around the face, neck, upper torso, arms and hands
- physical signs such as blood spots on furniture, bedding, carpeting or walls
- insects as described under appearance (see above)

For more information: See Appendix A "Bed Bug Guide for Schools"

### Procedures

#### Suspicion of Bed Bug(s) on school property:

1. Any employee who finds an insect or notices signs of bed bugs (as described in the definition above) in any teaching area, school bus or work site should, if possible, place a sample in a sealed container (or on a piece of clear tape).

The employee shall then promptly notify the principal. The principal will then alert the assistant facilities manager for the education center and/or the assistant transportation manager, depending upon where the signs of the bed bugs are found.

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2. The facilities department will confirm that the sample is a bed bug. Further investigation will then determine if there is evidence to support an infestation. If an infestation is evident the facilities department will engage the services of a licensed pest control operator to confirm and control the bed bug infestation. If signs of bed bugs are confirmed by facilities, they shall notify the Director of Schools.

**The principal shall send a letter of notification to:**

- Parents of the classroom (see Appendix B “Notification Parent Letter”)

3. After the school has been treated for bed bugs, the school administrator, or designate, must continue to monitor the facility for any signs of bed bugs. This is to ensure treatment has worked and prevent a recurrence.

### **Appendices**

- Appendix A – Bed Bug Guide for Schools
- Appendix B – Notification Parent Letter
- Appendix C – Bed Bugs Basics for Families

**Bed Bug Guide for Schools**

**Background**

During the past decade there has been a resurgence of bed bugs. They can be found in homes, apartments, hotels, health care facilities, dormitories, shelters, schools and public transportation, as well as, other public places. Changes in modern pest control practice, less effective insecticides and a decrease in people's awareness has led to the resurgence.

**Just the Facts:**

**What are bed bugs?**

- They are flat, nocturnal, brown insects, about the size of an apple seed.
- They feed on human blood and usually bite people at night while they're sleeping.
- Bed bugs cannot fly or jump.

**What do bed bug bites look like?**

They appear as red bumps (usually several in a row), or rashes, on the skin and are very itchy. Bites usually occur around the face, neck, upper body, arms and hands.

**Are bed bugs a health hazard?**

No, under the Public Health Act, bed bugs do not have to be reported. There is no evidence that bed bugs spread disease; however, repeated scratching can cause secondary skin infections, and the rare person may experience an allergic reaction.

**Where are bed bugs found?**

- They are commonly found in areas where people sleep, or sit, for long periods of time.
- Bed bugs prefer an environment where they can hide during the day and feed on a sleeping person at night.
- Look for bed bugs in folds or seams of mattresses, box springs, chairs and couches; around headboards and bed frames; behind baseboards; and under area rugs or along edges of carpeting.

**Signs Your School May Have Bed Bugs**

Look for the following signs:

- unexplained bite marks or welts on students, or others, at the school
- live or dead bed bugs
- a musty or sweet odour (mainly occurs with very large bed bug infestations)

- spots of dried blood, or bed bug droppings, on bedding, mattresses or box springs (This mainly applies to nursery and kindergarten, where children have nap times.)

### **No Link: Between Bed Bugs and Cleanliness**

- Having bed bugs in your school does not mean the place is unclean or poorly kept.
- Bed bugs can enter the school on clothing, blankets, lunch boxes, stuffed toys or other items that travel from one place to another. Even if a bed bug is found in a child's belongings, it doesn't necessarily mean the bug came from that child's home. He/she could have picked it up from a classmate, school bus, carpool, or any number of people or things travelling to and from the school.

### **What You Need to Know**

If bed bugs are not properly treated at the source of the infestation, by professional exterminators, there is a risk of carrying these pests into homes, schools or other public places.

***Early detection and treatment is the best way to stop the spread of bed bugs.***

### **What YOU can do to keep your school free of bed bugs:**

Watch for any signs of bed bugs:

- in backpacks, on clothing, blankets and other personal items students bring into the school.
- Discourage families from sending blankets or stuffed animals with their children.
  - **Carefully inspect all second-hand or donated items** for signs of bed bugs before they are brought into the school (ex: books, stuffed animals, costumes, furniture). Lost-and-found items should also be routinely inspected.
  - If you suspect bed bugs in clothing or cloth items, **run them through a clothes dryer for 20 minutes on high heat. This should kill all stages of bed bugs.**
  - When possible, **keep each student's belongings separate** by storing their coats, clothing, and personal items, in individual lockers or cubby holes. **Sealed plastic bags, or containers, can be used for extra clothing** or cloth items.
- **Vacuum daily in affected Area(s)**, paying close attention to places bed bugs like to hide (ex: along baseboards, around carpet edges). **Dispose of vacuum bags/waste** in an outside garbage container **immediately** after vacuuming.

### **If a specific student is suspected of introducing bed bugs to the school:**

Remember that bed bugs entering the school on a specific student, or other person, **may not have come from that student's or other person's home.** Bed bugs can be picked up in many places (ex: buses, taxis), so you should **be sensitive** when talking to parents/guardians.

Suggestions:

- Ask all parents/guardians to store their children's freshly washed clothes in sealed plastic bags until the children put them on in the morning.
- Ask all parents/guardians to store items going back and forth from school (ex: clothes, backpacks, lunchboxes) in sealed plastic containers when at home, to keep bed bugs from getting into them.
- Ask parents/guardians of the affected child (the child with bites or some other sign of bed bugs) to send a spare set of clean clothing sealed in a plastic bag for the child to wear at school. The student can change into the clean clothes and you can place the student's travel clothes into the sealed bag.
- Store the affected student's belongings in sealed plastic bags or bins to stop the spread of bed bugs to other student's belongings.
- If you think a family may be having trouble dealing with bed bugs in their home (ex: a student continues to show signs of bed bug bites or brings bed bugs into the school), consider suggesting other resources and services to help the family.

For example, you could refer the family to a public health nurse or a public health inspector. If the family lives in rental housing, you may want to refer them to landlord/tenant services.

**Notification: Bed Bugs**

Date

Dear Parents/Guardian:

We would like to inform you that a bed bug was recently found in your child's classroom. Bed bugs may be transmitted through backpacks, stuffed animals, bedding and clothing. They are small, brown wingless insects that cannot jump or fly but can crawl quickly. Bed bugs feed on blood of humans, and bed bug bites may look like red bumps or rashes on the skin that can be very itchy. These bites are usually found on the face, neck, upper body, arms and hands. According to Public Health, bed bugs are NOT a health risk and are not known to transmit any infectious diseases.

Action is being taken to treat the facility in accordance with Anglophone School District-South *Guidelines for Management of Bed Bugs in Schools* and in co-operation with a licensed pest control operator.

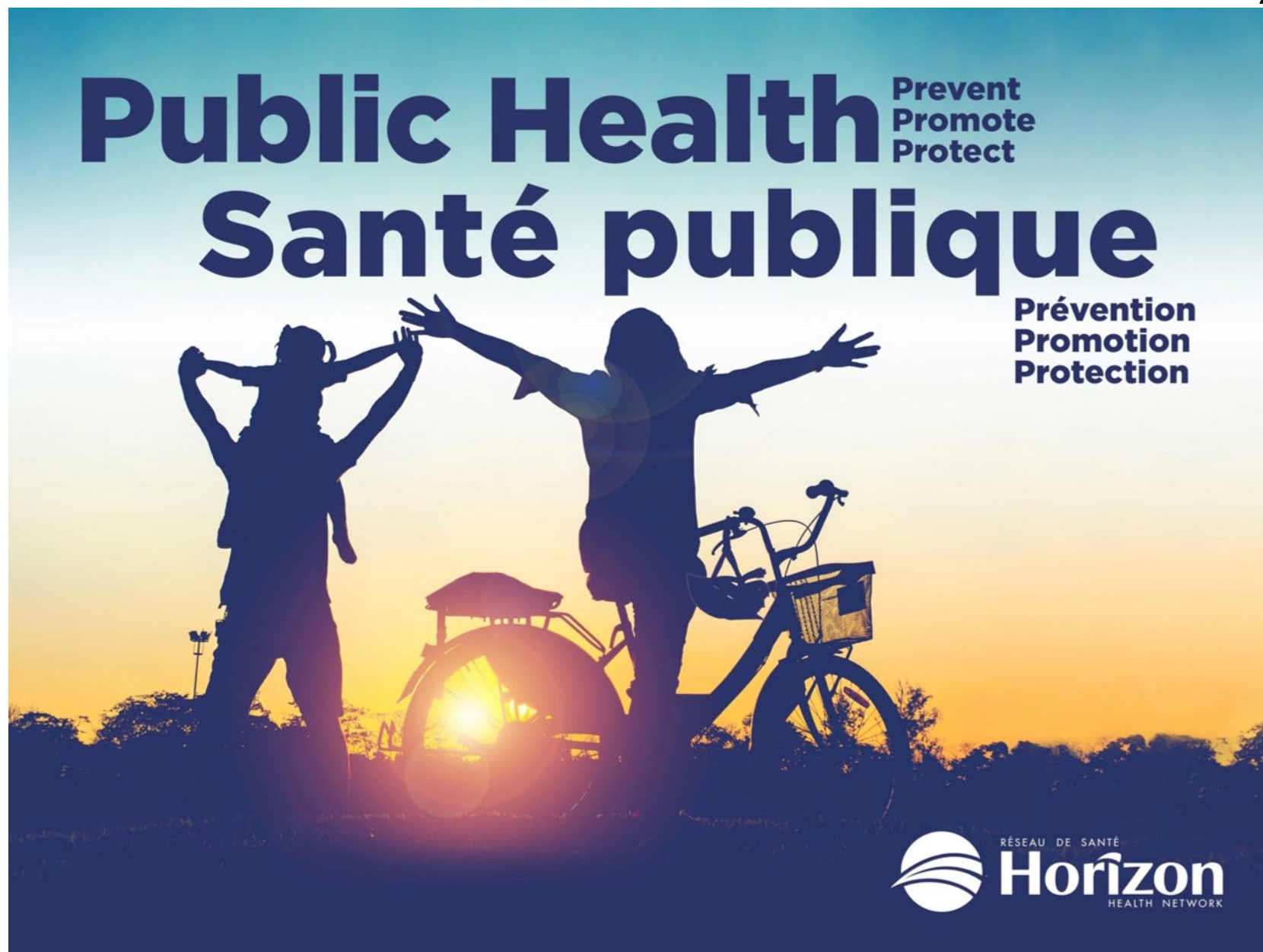
**As a precaution, we are asking families to limit what students bring into the school (i.e. blankets, stuffed animals) and to thoroughly inspect all other belongings, such as backpacks and clothing, for bed bugs before your child leaves and/or returns from school.**

Further information, including fact sheets and tips, is available on the New Brunswick Public Health website: <http://www2.gnb.ca/content/dam/gnb/Departments/sd-ds/pdf/Housing/BedbugBrochure.pdf>. A copy of this information can also be obtained at the school.

Should you have any questions, I invite you to contact me. The safety and security of our students and staff is very important to the school district and we assure you that every measure is being taken to ensure their well being.

Yours truly,

Principal





# *What are they?*

- Small oval shaped insects without wings
- They multiply quickly and travel easily (cannot fly or jump)
- Feed on blood usually at night
- They do not spread disease



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Promote  
Protect  
**Santé publique** Prévention  
Promotion  
Protection







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# Life Cycle of the Bed Bug

*Cimex lectulaius*



**Egg**  
(1 mm long)



**First Stage Larva**  
(1.5 mm long)  
Takes blood meal then molts.



**Second Stage Larva**  
(2 mm long)  
Takes a blood meal then molts.



**Third Stage Larva**  
(2.5 mm long)  
Takes a blood meal then molts.



**Fourth Stage Larva**  
(3 mm long)  
Takes a blood meal then molts.



**Fifth Stage Larva**  
(4.5 mm long)  
Takes a blood meal then molts.



**Adult**  
(5.5 mm long)  
Takes repeated blood meals over several weeks.



**Adult Female**  
(6.5 mm long)  
Females lay up to 5 eggs per day, continuously.



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# How Small are they?



- Adults 6-10mm long (about the size of an apple seed)
- Eggs and the young bedbugs are much smaller
- Their flat bodies make it easier to hide



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- Eggs (1mm).
- 1<sup>st</sup> stage nymph (1.5 mm).
- 2<sup>nd</sup> stage nymph (2 mm).
- 3<sup>rd</sup> stage nymph (2.5 mm).
- 4<sup>th</sup> stage nymph (3 mm).
- 5<sup>th</sup> stage nymph (4.5 mm).
- Unfed adult female.
- Unfed adult male



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# What to look for



- Small red stains or tiny black spots on linens or other objects
- Sweet musty odor
- They shed their skins which can be clear or light brown
- May be found in;
  - cracks, crevices, nail or screw holes
  - the underside of furniture, mattresses, headboards
  - Seams of chairs, couches, folds of curtains
  - Junction of where wall and ceiling meet
  - Drawer joints, electrical outlets
- There may be an obvious bite on a person.... but not always



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# Hiding Spots



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# How to Identify Bites



- Check visible skin, most often on the face, neck, arms, legs and chest
- Some people have little or no reaction, it can take up to 14 days for a reaction
- Allergy to the bite is possible
- Small bumps, large itchy welts, or red and itchy flat sores
- Bites often will appear in groups of three



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# Are there health risks?



- Not known to spread disease
- Reactions to bites differ but usually are red itchy welts
- Most bites will go away without treatment
- Some people feel;
  - stress, anxiety, sleeplessness, depression and fatigue



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