



# Bed Bugs in Schools

## Guidance for Parents



*Bed bugs can hitchhike from different locations into homes and schools. Education and preparation are the formula for success in dealing with bed bugs. Here are things you can do as a parent to keep bed bugs out of your child's school and your home.*

### Prevent Bed Bugs from Coming Home

- Limit the items your child brings home from school.
- Inspect items as they arrive from school.
- Keep school items like backpacks, books, and jackets in a single area of the home that is separate from the sleeping areas. If the school has reported problems with bed bugs, isolate them in a sealed plastic container.

**A school is not an ideal place for bed bugs, but it can serve as a hub for their travel to other locations, including homes.**

### Keep Them Out of School

- Limit the items your child takes to school.
- Because backpacks and coats are the most common way for a bed bug to get a ride to school, put them in a dryer on high heat for 30 minutes weekly.
- Store freshly laundered clothing in sealed plastic bags or boxes until they are put on if you have problems with bed bugs in your home.

### If You Spot a Bed Bug

- Catch the suspected bed bug in a zip top bag or contain it under clear tape for identification.
- Many [universities](#) and pest management firms offer identification services.
- Arrange for an inspection by a pest management professional.
- Contact your school nurse so they can investigate within the school.

**Bed bugs are not a sign of unhealthy living conditions. We can unknowingly bring them home from infested areas in clothes, shoes, backpacks and other items.**

### If You Have Bed Bugs at Home

- Put clothing, backpacks, shoes, bedding, and similar objects in a dryer at high temperature for 30 minutes.
- Vacuum bed bugs from cracks and crevices in furniture, equipment, walls, and floors.
- Eliminate clutter to reduce hiding places.
- Use a protective cover that encases mattresses and box springs and eliminates bed bug hiding spots.
- Install [bed bug interceptors](#) (devices placed under the legs of furniture to catch bed bugs and keep them from climbing the legs).
- Talk with a professional pest control company about non-chemical methods like heat treatment of rooms, furniture and other large items.
- If needed, use pesticides made specifically for bed bugs carefully according the label directions or hire a pest management professional.

### Identification is Key!



Learn more at [epa.gov/bedbugs](http://epa.gov/bedbugs)