



Bedbugs

Parent Resource Template

This document is only a template resource. If the template is used, please customize the document to include district's/school's nursing practices and branding.

DEFINITION

- Small insects that feed on human blood by biting through the skin.
- They can travel 10-15 feet to feed and go without feeding for up to 6 months.
- They hide during the day and are most active at night.
- They are not known to transmit or spread any disease.

HOW IT IS SPREAD

- Bedbugs are not spread from one person to another.
- They may hide in belongings or clothing that allow them to spread to others in group settings.
- They are not an indication that people or their homes are dirty.
- These insects crawl at the speed of a ladybug.

SYMPTOMS

- Bites typically occur on exposed skin, such as the face, neck, arms, and hands. These itchy bites often occur in a row, on areas of the skin that are exposed during the night.
- Raised, red bumps that often have a red dot in the middle where the bite occurred.
- Look for specks of blood or rusty spots from crushed bugs on bedsheets, mattresses, or box springs.
- Look for reddish-brown live bugs, about 1/8 inch-long, in bedding crevices or seams.

TREATMENT

- Unlike lice or scabies, bedbugs do not infest people's bodies, so treatment of the skin is not required. Bedbugs infest living areas in homes and do require extermination. During the daytime, bedbugs do not stay on the affected person.
- Fingernails should be kept short to avoid damaging and infecting the skin due to itching. Observe for signs of skin infections.
- Affected children may receive steroid skin creams or oral antihistamines to relieve the itching.

RETURN TO SCHOOL

- There is no exclusion from school.

Created by:
Health Services Nurses
West Ada School District

Information from the Environmental Protection Agency