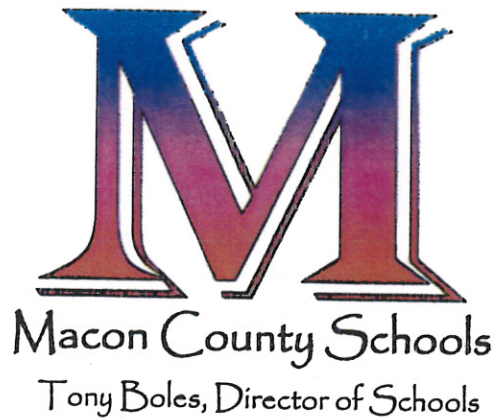


Casey Brawner
School Nursing Supervisor
Shawn Carter
Supervisor of Instruction
Kathy Cothron
Career and Technical
Dawn Thompson
Supervisor of Attendance
Rick Taylor
Supervisor of Transportation
Kim Hale
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Bed Bug Informational Packet

The resurgence of bed bugs has created concern in the pest management industry and in society overall. Controlling, let alone eradicating, this pest can be difficult.

The purpose of this packet is not to make you paranoid about bed bugs, but to heighten your awareness about encountering bed bugs during your daily activities. Because there is currently no simple and inexpensive way to eliminate bed bug infestations, we are seeing their populations becoming more and more widespread.

It is for this reason that we need to be proactive and develop a bed bug consciousness so that we can modify our behavior to avoid bringing bed bugs into our homes and schools.

In order to avoid problems resulting from improper applications, it is critical that we are knowledgeable on how to handle bed bug introductions. Early detection is critically important to putting a bed bug problem behind you quickly and efficiently.

Sincerely,

Inspiring and Empowering Students



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

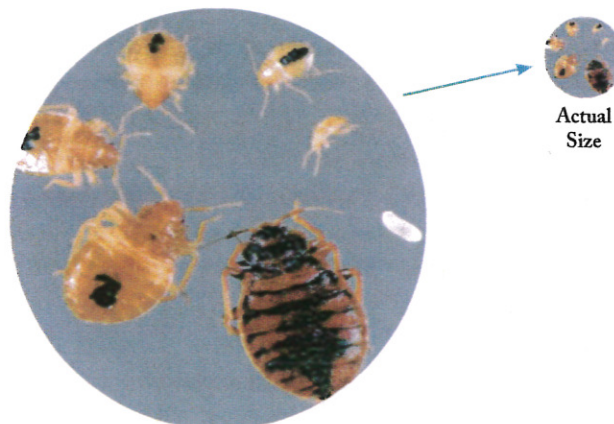
- Catch the suspected bed bug in a zip top bag or contain it under clear tape for identification.
- Many [universities](#) and pest management firms offer identification services.
- Arrange for an inspection by a pest management professional.
- Contact your school nurse so they can investigate within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

9 Best Home Remedies To Get Rid Of Bed Bugs



1. Diatomaceous Earth

Diatomaceous Earth is a powder that's effective for a number of different pests, including bed bugs, and it's chemical free, made from the fossil remains of tiny aquatic organisms. It kills bed bugs by dehydrating them as it contains properties that absorb the fat and oils from the insects. Apply **100% Pure Diatomaceous Earth** powder around the infested area, and eventually, you'll see dead bed bugs that can be vacuumed away. While it takes as long as 10 days for it to kill them, it has a very high mortality rate at greater than 90%, and it's also easy to sprinkle in cracks and crevices that can otherwise be hard to get to.

Before you use it, be sure to wash all of your linens in the hottest water possible, and vacuum your home thoroughly. When you're ready to sprinkle it onto affected areas like your bed and bedroom, put on a mask. While food grade diatomaceous earth is safe to eat, if you inhale it, it can cause damage to your lungs as the tiny pieces are actually very sharp and jagged, although they may feel smooth to your hands. After a few days, vacuum the powder up and repeat the entire process to ensure you get recently hatched bed bugs. Continue to follow the process every few days for about two weeks.

2. Vacuum Everything

In addition to washing all linens, mattress covers, fabrics, etc. in the hottest water possible, vacuuming everything you possibly can helps eliminate a bed bug infestation. Be sure to vacuum all chairs and other soft furnishings, all carpets, box springs, and mattresses as well as mattress encasements, and even curtains. Bed bugs can basically be hiding anywhere and everywhere, including upholstered furniture and especially in obscure places. It's actually not all that uncommon to discover them in electric appliances too. Vacuum all rooms thoroughly, at least once a week, leaving no stone left unturned. Dispose of the vacuum bag, outside, after you finish vacuuming the area.

3. Steam Cleaning

As there are some items that can't be washed at high temperatures, and infestations that may not be completely eradicated by vacuuming, you may want to turn to steam cleaning if you've got a bad problem with bed bugs. Steam cleaning using high heat is very effective at killing the annoying creatures, as neither the adult bed bug nor their eggs can tolerate the steam. Scientists have found that bed bugs are quickly killed when exposed to temperatures above **140 degrees Fahrenheit**. Additionally, one of the greatest benefits of steam cleaning is that the heat treatment penetrates deep into the fabric and it can also reach areas that would otherwise be impossible to get to, like small cracks, crevices, and corners.

You can [buy a small handheld steam cleaner](#) that has a strong vapor flow, or rent a professional steam cleaner. The devices typically come with multiple different attachments that will allow you to access even the most troublesome spots. They create a fog-like steam that will immediately exterminate bed bugs, even those you can't see. Be sure to use a dry steam rather than wet, as wet steam may destroy fabrics or soft furnishings. With dry steam, you can and should use it everywhere, just like you would when vacuuming, from all bedding and mattresses to flooring, cracks, fixtures and all furniture.

4. Baking Soda

Baking soda works by basically drying out the bed bugs, as it sucks the moisture from them and ultimately kills them. Spread a light layer of it throughout all affected rooms in the home, layering it from every wall to the doorways and corners – wherever you think bed bugs may have infested. Allow the baking soda to sit for an entire week. After a week has passed, suck up all the baking soda with a vacuum cleaner, basically following the above vacuuming process, getting each and every area very thoroughly to ensure that there are no eggs or bed bugs anywhere. You may need to repeat this process several times to completely get rid of the infestation.

5. Cayenne Pepper, Ginger, and Oregano Bed Bug Fighting Spray

This homemade powder is especially effective when it comes to getting rid of bed bugs. The spiciness of cayenne and ginger, combined with the strong smell of oregano essential oil that's known to offend bed bugs, makes it especially potent.

To make it you'll need the following ingredients

- 1 tsp cayenne pepper
- 1 tsp grated ginger
- 1 tsp [oregano essential oil](#)
- 1 cup water

Directions:

1. Add the cayenne pepper, grated ginger, and oregano essential oil to the cup of water in a pan on the stove.
2. Boil the water for about 7 minutes.
3. Strain the solution into a spray bottle and then spray it around any entry points of rooms that have bed bugs, as well as around bed frames, mattresses, etc. You may need to repeat this process every few days until the problem has been resolved.

6. Tea Tree Oil

[Tea tree oil](#) is antibiotic, antifungal, antiseptic, expectorant and antiviral. It's not only great for inhibiting viral and bacterial infections, it can also be used to kill insects, including bed bugs, as it has antiparasitic properties to which make it capable of destroying or suppressing their growth.

For a minor bed bug infestation, you may be able to use tea tree oil to fight it off before it gets out of hand. Dilute 20 drops of [100% pure tea tree oil](#) in a spray bottle with water and then thoroughly spray affected furnishings. Getting under, around and on all areas of an affected mattresses, as well as walls, cabinets, curtains, cushions and other soft materials, in addition to washing linens and any fabrics in the hottest water possible. Repeat the process once a week until the problem is totally eliminated.

7. Lavender/Peppermint Oil Pesticide Spray

While most of us associate the floral aroma of lavender with soaps, relaxation, and calm, surprisingly, it can also be used as an effective way to battle bed bugs. In fact, [lavender essential oil](#) has been used as a bug repellent for centuries, often utilized to protect clothes and linens from the infestation of moths and other insects.

Similar to tea tree oil, lavender essential oil can make an excellent, effective natural spray for killing bed bugs as it contains insect-repelling properties that are toxic to them, but entirely safe for us and our pets. One study that looked at the effects of essential oils and their use for insect and bug control discovered that a combination of lavender oil and peppermint oil managed to effectively kill insects. Lavender oil, in particular, is known to destroy the eggs and larvae of bed bugs, as well as repelling the bed bugs themselves. Peppermint oil also offers powerful repellent action. In fact, one study, published in the [Malaria Journal](#) demonstrated why it works – the researchers proved that it provides strong repellent action when applied to exposed body parts. It also showed significant larvicidal and [mosquito repellent action](#), with mosquito larvae killed 24 hours after exposure to a solution of peppermint oil and water.

To make this natural pesticide spray, simply fill a spray bottle with water, and add about 15 drops of lavender essential oil and 15 drops of peppermint oil – both available [to buy from here](#). Shake well and then spray in all infested areas of your home. Continue to do this daily until all signs of the bed bugs are gone.

8. Peppermint Leaves

You can also use peppermint leaves to get rid of bed bugs, for the reasons above – the oil in the leaves offers powerful bug repellent action. Simply crush up dry mint leaves to make about one cup, and then spread the crushed leaves around infested areas. Of course, if you have a bigger problem, you may need two or three cups of the leaves. Repeat once a week until the problem is gone, vacuuming up the old leaves that have lost their potency, replacing with new ones.

9. Black Walnut Tea

Black walnut tea offers antifungal, antibacterial, insecticidal and repellent properties help to eliminate bed bugs. It's also a rather ingenious way to use tea bags that you would otherwise have tossed out, but of course, you'd probably rather not have that problem in the first place. Simply place used black walnut tea bags strategically throughout your home, in all nooks and corners, mattresses and beddings, to eliminate the bugs and their eggs.