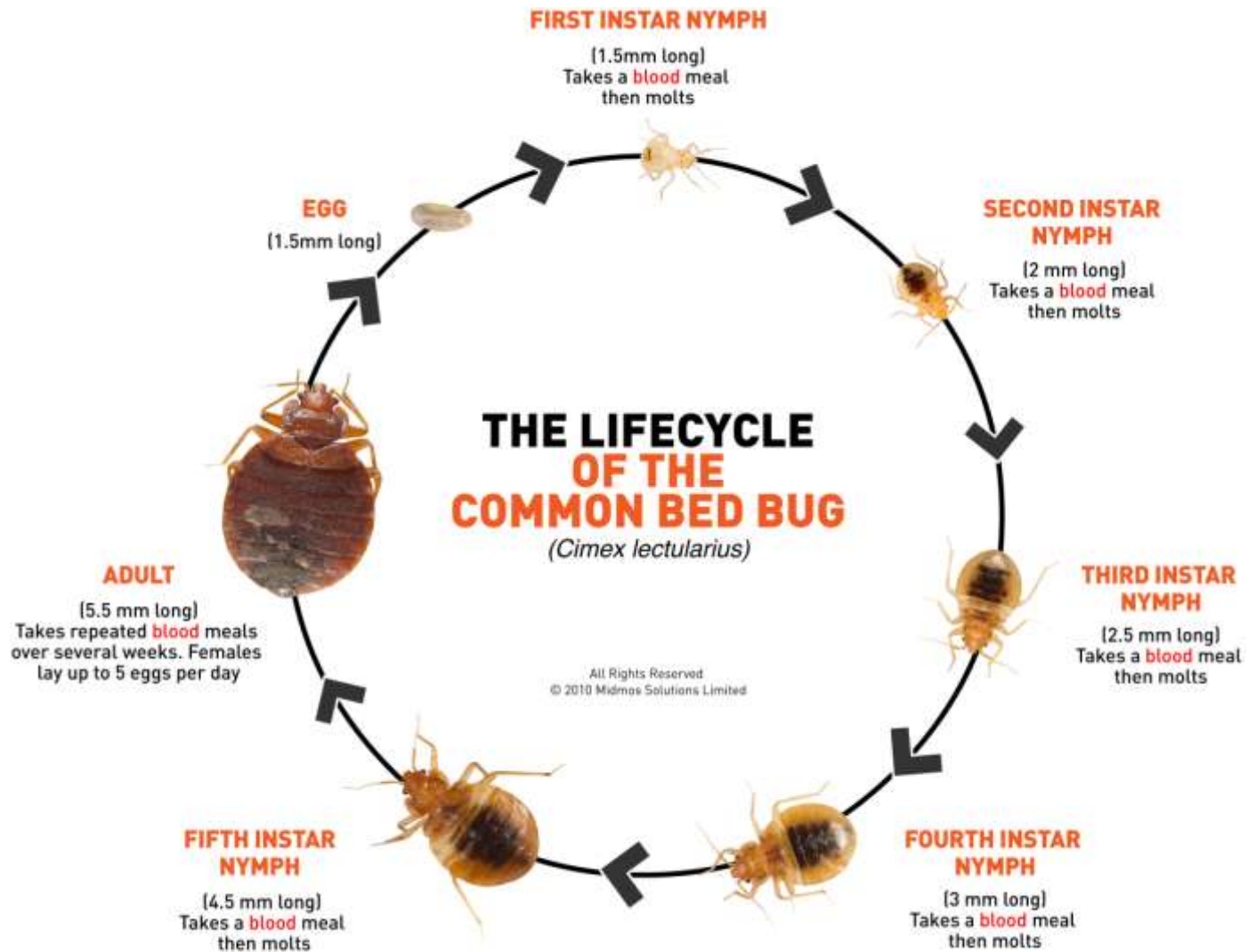


Preventing a Bed Bug Infestation in Your Child Care Business

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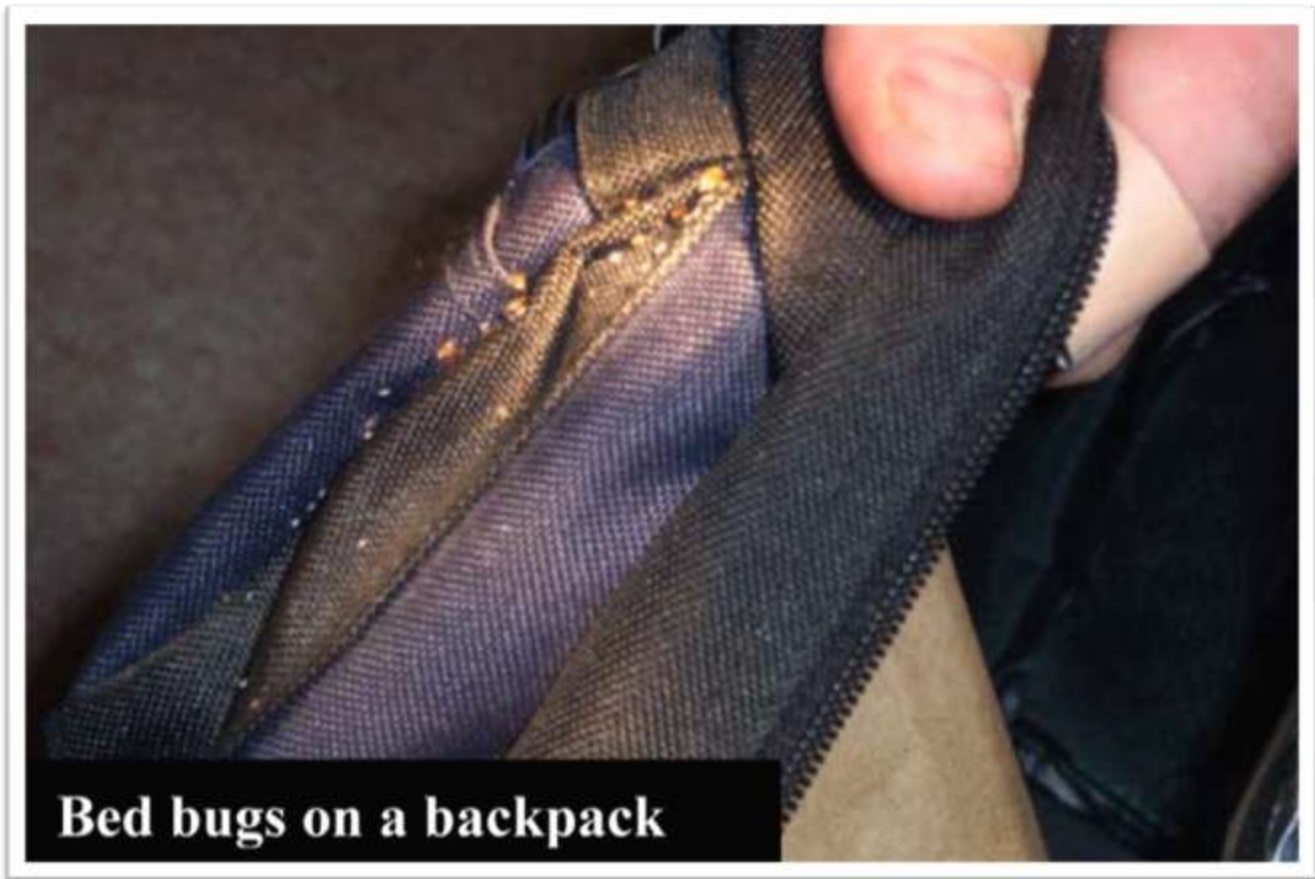
- 1) **Don't Panic, Educate!** Educate parents and staff *now* so they don't panic if bed bugs are ever found in your child care business. Everyone will need to cooperate to prevent bed bugs from beginning or multiplying in your business.



2) What should be done if a bed bug is found?

- a) **Identify-** Proper identification of the suspect bug is essential. Collect the bug on a tissue, place it in a zip lock baggie, and put it in the freezer. Compare the bug to the picture. If in doubt, call your pest management professional for assistance.
- b) **Inspect-** If it is a bed bug, begin inspection where the bug was found. Look for additional bed bugs; since these insects are expert hitchhikers, it is most likely the bug came in on clothing, diaper bags, coats/jackets or other personal items. Also carefully check cubbies and the closets in the immediate area. Bed bugs are tiny and they hide in openings as thin as a credit card. If the bed bug was found in sleeping area, look at bedding, blankets, cots, and crib mattresses in search of small dark brown droppings, white eggs, and reddish brown bed bugs. Look in seams of fabric and gaps in nearby furniture.

- c) **Isolate**- When possible, isolate toys, books, and other items in bed bug areas by placing them in clear plastic bags.
1. If bed bugs are found on a child's clothing (including shoes), treat it as if the clothing was soiled. Isolate the clothing in a clear plastic bag, and help the child to change into clean clothes.
 2. If bed bugs are found in a child's diaper bag, isolate the diaper bag in a clear plastic bag. Use facility diapers for the child that day.
- d) **Intensive cleaning** - If bed bugs are found in several places in the facility, clean more thoroughly than usual. Vacuum all floors including corners, and the edges of rugs; wash linoleum floors (do not use bleach). Discard as much clutter as possible, especially unneeded boxes and stacks of clothing and papers. All bedding should be changed, and soiled items laundered (including hot dryer for 20 minutes) before leaving.
- e) **Inform** - Inform staff and parents as soon as a bed bug is identified at your business (the same as you would do if head lice were found).



Comments:

- Bed bugs are common in the US today because they hitchhike on unsuspecting people or their belongings.
- Bed bugs do not spread disease, but are a nuisance because they feed on blood. Bed bug infestations are NOT identified by bites or red dots on skin, since other insects and physical irritants can cause similar reactions.
- Use of pesticides alone is not the best approach to their control. Pesticides should never be used by child care staff to control bed bugs or other pest insects.
- Cleaning, organizing, and intercepting their movement into an area are major strategies in eliminating bed bugs.
- A dryer that gets items hot enough (125°F.) can kill all stages of bed bugs. Go to <http://epa.gov/childcare/Module07.pdf> , pp. 26-30 for instructions on how to use a dryer to heat items.
- It is much less costly to eliminate bed bugs when they first enter the home/child care center than it is to wait until a large population develops.

- Additional information about the management of bed bugs in child care settings, including response flow chart and a sample letter from the child care program to parents, can be found on the Polk County Health Department website: <http://cms.polkcountyiowa.gov/health/Pages/Bedbug.aspx>

Reference:

Environmental Protection Agency (EPA). Module 7-Dealing with Bed Bugs in the Child Care Setting: Integrated Pest Management for Child Care Settings. Retrieved on February 1, 2013 from: <http://epa.gov/childcare/Module07.pdf>

Iowa Department of Public Health (IDPH), Integrated Pest Management @ Iowa State University, U.S. Centers for Disease Control and Prevention (CDC), U.S. Environmental Protection Agency (EPA). *Bed Bugs: Inspection-Prevention-Control*. Retrieved on February 1, 2013 from: http://www.cedar-rapids.org/government/departments/community-development/section8rentassistance/Documents/FINAL%20Bed_Bugs_Inspection_Prevention_Control.pdf

Polk County Health Department. Integrated Pest Management Plan for BedBugs-Child Care Settings. Retrieved on February 5, 2013 from: <http://cms.polkcountyiowa.gov/health/Pages/Bedbug.aspx>



<http://www.nygreeneco.com/blog/>

The assistance of Jean Konrad at American Home Finding Association is greatly appreciated.



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