

## Don't Let the Bed Bugs Bite!

Bed bugs are flat, oval pests that are about the size of an apple seed.

These very tiny bugs feed on human blood and typically hide during the day and feed at night.



Bed bugs can hide behind headboards, under seat cushions, in electrical outlets as well as on mattresses. Look for ink-colored stains on mattress edges, tags and seams and on box springs when changing bedding.

### **Bedding**

Inexpensive synthetic mattress and box spring coverings which completely encase the mattress or box springs can keep bed bugs from finding the fiber edges or interior of a mattress. If bed bugs already are in the mattress, the covering can keep them from escaping.

If you see bed bugs on your child's belongings, heat the items in a hot dryer for at least 20 minutes. Bed bugs can travel on backpacks or clothing so check these items regularly.

### **Bug Bites**

Bed bug bites are small and red and can be both raised or flat. They appear in clusters. If your child wakes up in the morning with red, itchy welts that go away during the day, bed bugs might be the culprit.

The face, neck, back, hands, arms and legs are the areas where bed bug bites may appear. The welts may disappear in a day or so and can be treated with warm water. More severe reactions may require an antihistamine.

### **Treating**

If you have bed bugs in your home, getting rid of them can be difficult. You may need to call a qualified pest control professional to treat carpets and furniture.

Wash all bedding, clothing, washable toys and back packs in hot water and dry in a hot dryer.