



BED BUGS

Your child may have been exposed to this disease on _____.
Date(s)

Please check your child for symptoms through _____.
Date

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children with bed bug bites are not excluded from school.

Bed bugs are small, flat, brown, wingless insects about the size of an apple seed. They feed on human blood at night. During the day, bed bugs hide in dark places, such as in mattress seams, cracks in the wall or floor, furniture, carpets, and clutter. They can survive months without feeding. Bed bugs are not known to spread or cause disease.

Signs of bed bugs include:

- Bites anywhere on the body that look similar to flea, mosquito, or spider bites
- Reddish-brown spots on mattresses or pillows (this is their feces)
- Sweet, musty odor

What can I do now?

Check your child for signs of bed bug bites. Check mattresses and bed frames for actual bugs, stains, from bugs, and bed bug infestations. Bed bug bites generally do not pose a serious health risk. There are rare cases of severe allergic reactions to bed bug bites. Seek medical attention immediately if your child has difficulty breathing, swelling of the tongue, or hives.

If you suspect bed bugs, contact a pest control professional licensed by the California Department of Consumer Affairs (DCA) or your property owner.

How are bed bugs spread?

Bed bugs can spread from one location to another by hiding in:

- Luggage
- Clothes
- Moving boxes
- Used pillows, mattresses, or furniture

Always check for bed bugs when returning from traveling or purchasing used goods.