Step 4: Post treatment follow-up

- Once treatment is complete, always follow up approximately 10 days later
- Provide reassurance and factual information to students, families, and school staff regarding bed bugs in order to maintain a calm and respectful school and community environment. Reinforce confidentiality. Make sure that infestation is eliminated and well managed, and long-term questions and concerns are answered in a timely manner
- If needed, have an experienced certified canine scent detection team walk through the building. A well-trained dog can detect very low bed bug populations e.g., one or two insects, which humans may not detect

Self Protection

- Be bed bug educated
- Bed bugs are nocturnal and dislike being on people. If found on a person it is because they were trapped by accident
- For those who may be working in area(s) where bed bugs have been found, wear tight-fitting light-colored clothes, smooth-soled shoes and have a change of clothes and trash bag on hand. If concerned about bringing bed bugs home, change out of work clothes, put into trash bag, seal for carrying, and wash and dry, using a dryer at high temperature for 20 minutes
- Have on hand a small spray bottle of soapy water in case a bed bug is found. Spray insect and put into a Ziploc bag; dispose in trash. Hold onto insect if identification is needed

Important contact information

Identification and help

Dr. Gale E. Ridge (203) 974-8600
Email photographs: gale.ridge@ct.gov

Bed bug website: www.ct.gov/caes

Treatment

Pest Management Professionals who are state licensed and work with bed bugs

http://www.cpcaonline.net/cpca/BedBugList.pdf

State of Connecticut Division of Criminal Justice Housing Session
New Haven, (203) 773-6755
Bridgeport, (203) 579-7237
Hartford, (860) 756-7810
New London, (860) 443-8444
E-mail: judith.dicine@po.state.ct.us
(please write bed bug in the subject box)

Connecticut Department of Public Health, local health administration
Hartford, CT (860) 509-7660
webmaster.dph@ct.gov (please write bed bug in the subject box)

Enforcement, Certification DEEP pesticide management division
Hartford CT (860) 424-3369
E-mail: diane.jorsey@ct.gov (please write bed bug

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CCABB

Connecticut Coalition Against Bed Bugs
Connecticut Agricultural Experiment Station
123 Huntington Street, P. O. Box 1106
New Haven, CT 06504-1106
Tel: (203) 974-8600 (insect inquiries)

Bed Bug Guide For Connecticut Schools

Gale E. Ridge PhD


Mike Thomas CAES

CCABB web address

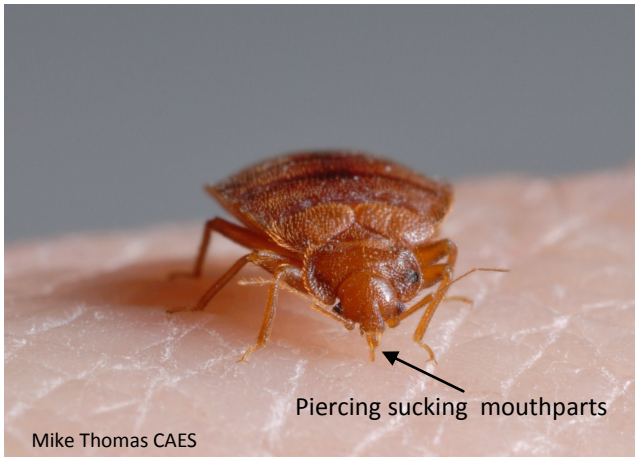
WWW.CT.GOV/CAES

Bed bug Information

There are two human feeding bed bugs, the Common bed bug *Cimex lectularius* L. and the Tropical bed bug *Cimex hemipterus* Fabr. In Connecticut, we have the Common bed bug and the Eastern bat bug *Cimex adhjuctus* Barber. An expert, trained health department staff/ sanitarian, or experienced pest management professional (PMP) are able to distinguish between the two species. Do not attempt to identify them yourself. Bat bugs can readily feed on people and be mistaken for the Common bed bug. Control for the bat bug is different from the Common bed bug. The Common bed bug **does not** transmit human disease causing pathogens.

Characters of Common bed bugs

- Adults are lentil seed in size, Nymphs and eggs are much smaller
- Brown colored, flat, oval, with six legs and two antennae
- They walk. They do not fly or jump
- They do not bite. They feed on human and animal blood using piercing sucking mouthparts
- Feed at night, hide by day, and are shy; and
- Develop from egg to adult in 5 to 8 weeks



Mike Thomas CAES

While the school environment is not conducive to bed bugs and infestations in schools are uncommon, schools should have an integrated pest management (IPM) program and policies in place that comprise education, expert identification, and monitoring.

Step 1: Be a bed bug proactive school

- **Have a fault free school policy**. Learn identification, biology, and behavior of bed bugs
- Reduce anxiety and social stigma for staff and students. Shame, embarrassment, horror, disgust, and denial are common reactions to bed bugs
- Teach proactive not reactive behavior
- Provide information about bed bugs and school policy at the beginning of each semester to maintain public awareness (handouts/website/ posters etc.)
- A student/staff member should not be excluded from school if they have bed bugs
- Have an integrated pest management (IPM) plan of action **in place** with a bed bug experienced Connecticut State licensed PMP before discovery of bed bugs
- Assign a bed bug coordinator and/or team for the school that includes the school medical advisor, school nurse, an administrator, trained custodial staff, and other staff as necessary
- Consider routine preemptive inspections

Step 2: A suspicion of bed bugs

There are two early indicators of bed bug activity:

I. Itchy unexplained spots on skin

Linear or clustered lesions may or may not indicate bed bugs. Consider other causes. Each person can react differently to bed bug feeding from no signs or symptoms to severe welts; and

II. A potential bed bug specimen

Several insects can look like bed bugs. Schools must have their local health department, PMP, or other expert identify the specimen(s)

Mistaken identification

Other arthropods and materials can be mistaken for bed bugs. These include:- lint/fluff, varied carpet beetle, spider beetle, tick, flea, lice, and other small arthropods. Never rely on hearsay. **Always get independent positive identification/confirmation before moving to step 3**

Step 3: Response if a bed bug is confirmed

1. Contact local health department for support
2. Maintain calm professionalism. Anxiety will be telegraphed to staff and students
3. Have staff/student visit school nurse for initial assessment. Maintain confidentiality. **Do not** stigmatize the person
4. Assess whether they were transferred onto the person or came from their residence
5. Identify possible source entry points, such as:- backpacks, lunchboxes, travel packs, sports bags, books, clothing, pocketbooks, other personal items, lockers, school buses or other transportation
6. Determine if residence where student/staff live, is being treated
7. Keep detailed records
8. Never self treat. Seek professional treatment
9. Call a PMP withexperience in bed bug management
10. Provide plastic bins or plastic bags for students/staff to store backpacks, lunch boxes, personal items etc. and manage laundry at home (and school when possible) as part of an IPM management program
11. When possible have a dryer on school premises to heat treat articles (high temperature for 20 minutes)
12. Vacuum cracks and wipe down location with soap and water where bed bugs were discovered
13. Provide a parent/student/staff advisory letter from the school medical advisor for bed bug infestation, treatment, and management. Include school policy in this communication/advisory letter
14. Communication and cooperation are key to resolving bed bug issues