



Public Health School Health and Safety

Created on 6/4/24

BED BUGS

Bed bugs are small, flat insects that usually live within 8 feet of where people sleep. But they are excellent hitchhikers and can easily be moved from place to place on luggage, clothing, or furniture.



Bed bugs are commonly found in places like apartments, hotels, cruise ships, buses, and dorm rooms, but they can find their way into classrooms as stowaways on student or staff belongings.

Bed bugs are **not** dangerous and **don't** spread disease, but they do bite and make skin itchy.

How do I check for bed bugs?

Look for signs of:

- dark spots on mattresses or walls
- small blood stains on bedding
- itchy bites on the skin

Where do bed bugs hide?

During the day they may be hiding in:

- mattresses
- box springs
- bed frames
- headboards
- dresser tables
- clutter or objects around a bed
- inside cracks or crevices
- behind wallpaper

Schools are **not** an ideal environment for bed bugs to live because they prefer to feed at night when schools are closed.

How do I prevent bed bugs?

- Keep clutter picked up around the bed.
- Regularly vacuum areas around the bed.
- Inspect secondhand furniture for bugs before bringing it home.
- Check rooms when traveling.
- Keep luggage elevated and away from beds and upholstered furniture when staying in places like hotels, motels, or hostels.

How clean a space is **does not** determine where bed bugs live. People of all economic levels, housing types, races, colors, and religions encounter bed bugs.

For other formats, contact the Clark County ADA Office 564.397.2322 / 711 or 800.833.6388 / ADA@clark.wa.gov

Learn more about bed bugs: www.cdc.gov/bed-bugs/about