



Bed Bug Tips for Campers

Going to camp is fun for kids! They make new friends, learn new things and spend time outdoors. With so many kids enjoying our camp, we are at risk of getting bed bugs. While we do everything we can to avoid bed bugs, we want you to know that your child could bring bed bugs home from camp. A few simple steps will help keep your home and our camp free of bed bugs.

BED BUGS ARE EVERYWHERE: BE ALERT!

Camps are not the only places with bed bugs. They are often found in private homes, apartment complexes, hotels, motels and vacation rentals, but can also be in second hand stores, schools, hospitals, dorms..... just about anywhere. They are found throughout Wake County, NC and the US. They are often brought home in purses, bags and suitcases. The good news is that they don't transmit diseases.

Bed bugs are easier to get rid of if you find them early. You are more likely to find bed bugs early if you:

- ◆ Inspect beds weekly when you change the sheets. Use a flashlight to check the mattress, box springs, behind the headboard and behind any wall decorations you have hanging near the bed. Wash and dry your sheets each week using the highest heat setting for at least 30 minutes.
- ◆ Pick up clutter like clothes, toys, papers, garbage and other bed bug hiding places.
- ◆ Do not store or leave anything under the beds.
- ◆ Vacuum often.



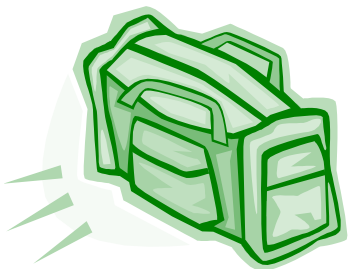
TIPS ON PACKING FOR CAMP

Use washable luggage, like a backpack or a cloth duffel bag. OR pack your child's things into heavy duty garbage bags, a pillow case or a plastic box .

Dry all cloth luggage, clothes, stuffed animals and bedding, including sleeping bags and pillow cases, in the dryer for 30 minutes on the highest heat setting before packing. You may want to wash them first, but you don't have to since it doesn't help kill bed bugs.

For extra protection you can treat backpacks, duffel bags and the outside of sleeping bags with a permethrin based product which is labeled for use on cloth items. You can buy these at stores that sell camping equipment. Carefully follow the directions on the label.

You might also want to buy a zippered pillow cover that says it's for "bedbugs". Zip the pillow you are sending to camp in it and then put the pillow case on.



Ask the camp what their bed bug plan is.
Do they inspect regularly and treat when needed?



WHEN YOUR CHILD GETS TO CAMP

You may want to ask the camp whether they have a bed bug plan in place. You or the group leader/chaperon should use a flashlight to inspect the beds. Look for signs of bed bugs under the mattress, around the seams or buttons and in the cracks and crevices of the bed frame. Look for dark, brown, red or rusty spots, shed skins, eggs and the bugs themselves (see pictures below). Bed bugs are about the size, color and shape of an apple seed. Report any bed bugs to management.



COMING HOME FROM CAMP



Check for signs of bed bugs on your child's belongings (see pictures above) BEFORE bringing anything into your home.

Put all cloth luggage, clothes, stuffed animals, bedding, and sleeping bags, in the dryer for 30 minutes on the highest heat setting before putting them away. You may want to wash them first, but you don't have to since it doesn't help kill bed bugs.

If you packed in plastic bags, they should be thrown away outside your home. Plastic boxes should be wiped, inside and out, with rubbing alcohol and left to dry before bringing them into your home.

For things you can not dry in a dryer:

- ◆ Inspect them carefully for signs of bed bugs (see pictures above).
- ◆ Vacuum them or clean them with an alcohol based product, paying special attention to zippers, seams, buttons, cracks and crevices. Seal the vacuum bag in a plastic trash bag and throw it away outside your home.
- ◆ Seal empty luggage in plastic bags and keep it in a storage area or the garage (not in the bedroom). Leave it there until you need to use it again.
- ◆ Wipe shoes with rubbing alcohol BEFORE bringing them into your home.