



# Sq'ewqel (Seabird Island) Health & Social Development

P.O. Box 650 | 2895 Chowat Rd. | Agassiz, BC | V0M 1A2

Phone: 604-796-2177 | Fax: 604-796-3729

[www.seabirdisland.ca](http://www.seabirdisland.ca)

## BED BUGS

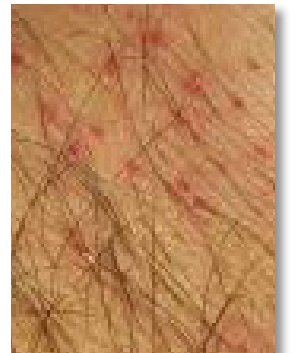
Bed bugs are small insects that feed on your blood and the blood of animals. They are reddish-brown, oval-shaped, wingless, and typically about the size of an apple seed.

Bed bugs are difficult to get rid of once they infest a home. They hide in the cracks and crevices of beds, box springs, headboards, bed frames, and other objects around a bed, coming out at night to feed on your blood. To prevent an infestation, be cautious about bringing used furniture or items into your home. Regularly inspect your home and any hotel rooms you stay in to avoid bringing them home.

### BEDBUG BITES:

The bites may produce symptoms like those of other insect bites and rashes, including:

- Inflamed spots, often with a darker center, arranged in a rough line or cluster.
- Typically found on the face, neck, arms and hands.
- Some people have no reaction to bedbug bites, while others may experience an allergic reaction that can include severe itching, blisters or hives.



### GETTING RID OF BEDBUGS:

- **Prevent the Spread:** Remove all bedding and clothing from the affected room, and seal them in plastic bags.
- **Wash and Dry:** All potentially infested items on high heat, including bedding, clothing and curtains.
- **Vacuum Thoroughly:** Use a vacuum to clean the affected area, including the mattress, box spring, bed frame, and nearby furniture. Afterward, dispose of the vacuum bag in a sealed plastic bag and remove it from your home right away.
- **Seal Cracks and Crevices:** Seal any cracks and crevices in your bedroom and the surrounding area, as bed bugs can hide in these spaces, which can lead to future infestations.
- **Use Bed Bug Mattress and Box Spring Covers:** Cover your mattress and box spring with specially designed bed bug-proof covers to trap any remaining bed bugs and starve them by preventing them from reaching you.
- **Use Bed Sheets:** This also protects the mattress and can make it more difficult for them to get to you.
- **Wear Pajamas:** These can also make it more difficult for them to make contact with you.

**Reach out for help if you think you have bed bugs!**

1. Call Bonnie or Tash in Health at 604-796-2177
2. A health inspector visit will be set up to confirm.





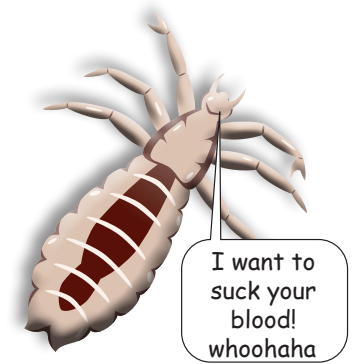
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## LICE: WHAT SHOULD I DO?

### KEEP THEM AWAY WITH:

- Daily head checks;
- Ensure your do not share hats with friends;
- Avoid jackets with furry hoods (they will hide in the fur and wait);
- When you hang up your jacket at school, are they hung up touching another student's jacket? This can cause transfer;
- When possible, keep hair short;
- Use hair products like mousse, gel or hairspray - they do not like these products; and
- Pull longer hair back tightly into a braid or layers of ponytails, so the hair is not loose.



### NATURAL TREATMENTS:

- **Manual Removal:** Wet the hair with a mixture of equal parts white vinegar and water. This helps loosen the grip of nits on the hair shaft. Using a fine toothed comb, like a lice comb or nit (lice eggs) comb, carefully comb through the hair to remove lice and nits. Do this over a sink or a white paper towel to easily spot and dispose of lice and nits.
- **Oil Treatment:** Coat the hair and scalp with a thick substance such as olive oil, coconut oil or even mayonnaise. Cover the head with a shower cap and leave it on overnight. The oil suffocates and immobilizes the lice. Comb and wash the hair thoroughly the next morning.
- **Tea Tree Oil:** Mix a few drops of tea tree oil with olive or coconut oil and apply it to the scalp. Tea tree oil has natural insecticidal properties. Leave it on for 30 minutes to an hour, then comb out the lice and nits.
- **Home:** Clean all bedding and clothing they have had contact with, using HOT water and dry them on a high heat setting. Remembering to vacuum the furniture as well (couch, bed and more). When finished, put the vacuum bag in the garbage and remove it from the house right away!

Remember, natural treatments may take time, and require patience and hard work. Repeating the treatments and the clean-up regularly is essential to ensure all lice and nits are eliminated. If natural treatments are not effective, or when the infestation is severe, please consult a healthcare professional for advice on additional treatment options.

**Having trouble getting rid of lice, contact Seabird Health!**

604-796-2165

