How do I prevent bed bugs?

- Change and wash your bedding regularly.
- Reduce clutter.
- Inspect and clean used/second hand items thoroughly before bringing items home.
- When traveling:
  - Inspect hotel mattress, headboard, dresser, closet, etc. before unpacking your luggage.
  - Keep luggage off floor and bed using a luggage rack.
  - Always keep your luggage closed when not in use.
  - Hang clothes instead of placing them in dresser.
  - Pack plastic bags just in case you suspect infestation has occurred.
  - When you return home, unpack clothes directly into the washer for immediate cleaning.

Common Bed Bug Myths

**Myth:** You can’t see bed bugs.

**Reality:** You should be able to see adult bed bugs, nymphs, and eggs with your naked eye.

**Myth:** Bed bugs live in dirty places.

**Reality:** Bed bugs are not attracted to dirt and grime; they are attracted to warmth, blood, and carbon dioxide. However, clutter offers more hiding spots.

**Myth:** Bed bugs transmit diseases.

**Reality:** There have been no cases or studies that indicate bed bugs transmit diseases between humans.

**Myth:** Bed bugs won’t come out if the room is brightly lit.

**Reality:** While bed bugs prefer darkness, keeping the light on at night won’t deter these pests from biting you.

**Myth:** Pesticide application alone will easily eliminate bed bugs infestations.

**Reality:** Bed bug control can only be maintained through a treatment strategy that includes a variety of techniques. Proper use of pesticides may be part of the strategy but will not by itself eliminate bed bugs. with Residence Life and a qualified pest management professional if you suspect bed bugs in your room.
What is a bed bug?
- Bed bugs are blood feeder parasites that seek out people and animals to feed on.
- Adult bed bugs are apple seed size and nymphs and eggs are much smaller.
- Bed bugs are brown colored, flat, oval, with six legs and two antennae.
- They do not fly (no wings) or jump.
- They tend to feed at night and hide during the day.

How do bed bugs spread?
- Bed bugs can be brought home with you on suitcases, backpacks, clothing, furniture, and previously used items.
- Bed bugs can travel between rooms/apartments by sitting on someone’s bed/chair that has been infected.

What if I think I have bed bugs?
- Don’t panic; feelings of violation, disgust, and stigma are common.
- Contact Residence Life to inspect your room.
- Cooperate with Residence Life and qualified pest management professionals
- Educate yourself. Be careful when researching on the internet. University (.edu) and Government (.gov) sites are preferable because information has been reviewed.

How do I get rid of bed bugs?
- Remove clutter as it provides hiding places for bed bugs.
- Place all bedding (sheets, mattress covers, bedspreads, pillows, etc.) in a sealed plastic bag.
- Empty dresser drawers and closets and place contents in a sealed plastic bag. Wash and/or dry clothes on high heat setting.
- Don’t bring anything new (linens, furniture, etc.) into room/apartment until the bed bugs are eliminated.

Where can bed bugs hide?
- Mattresses, box springs, bed frames, and headboards (along seams and piping, under handles and labels).
- Seams and fabric folds in curtains and under furniture, including chairs and sofas.
- Under wall-to-wall carpeting and padding.
- Anywhere there are crack and crevices or nail holes in walls, and under wood moldings and baseboards.
- Under loose wallpaper and seams, and where ceiling and walls meet.
- In and behind picture frames and mirrors.
- Clothing and clutter stored in closets, under beds, and elsewhere.
- Inside switch plates, outlets, electronics, and/or smoke detectors.
- On and in recently used luggage, backpacks, and bags.

Bed Bugs are not one’s fault. They don’t discriminate - anyone can get or have bed bugs.

Bed Bugs are not known to transmit disease.