

GOOD NIGHT
SLEEP TIGHT

DON'T
LET THE
BED BUGS
BITE!





Bedbugs are:

- brown to mahogany color
- oval, flat body
- wingless
- the size of an apple seed (1/4 -3/8 in. long by 1/8 in. wide)

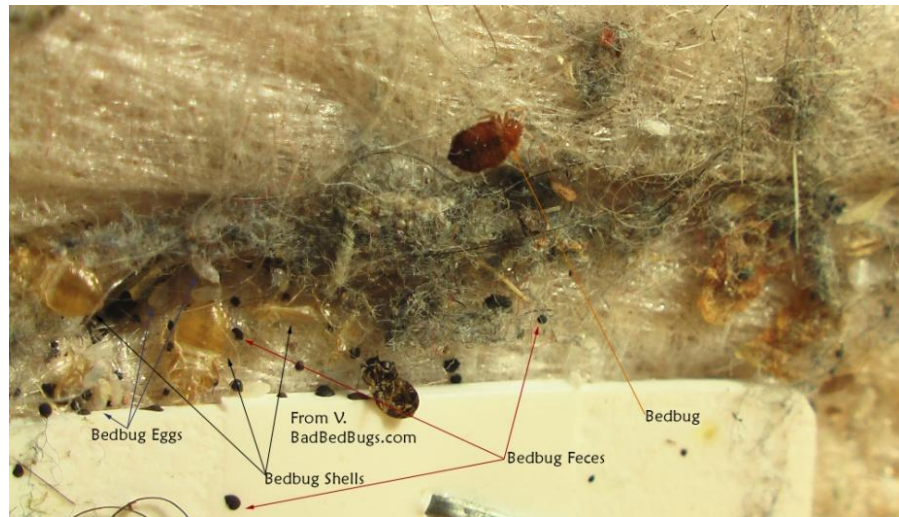
A female bedbug can lay more than 200 eggs in her lifetime (typically 10 months). Newly hatched bedbugs are nearly colorless, making it difficult to see. Their skins are shed five times as they grow and it is necessary for them to feed after each shedding.

Evidence of bedbug activity:

- Egg casings
- Shed skins (light brown in color)
- Fecal stains (dark specks)
- Blood streaks on sheets (from smashed engorged bugs)
- Sweet, musty odor

Favorite daytime hiding places:

- cracks and crevices of beds
- box springs
- headboards and
- bed frames
- under peeling paint and loose wallpaper
- under carpeting near baseboards
- in furniture seams
- under light switch plates or electrical outlets

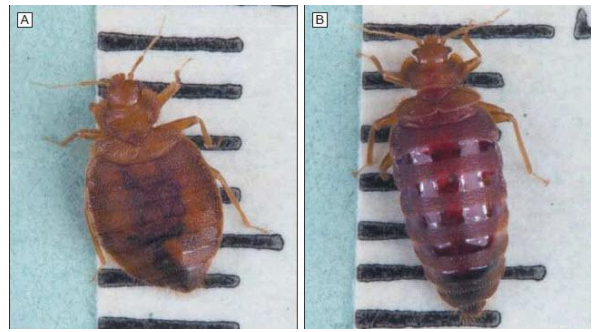


Egg casings



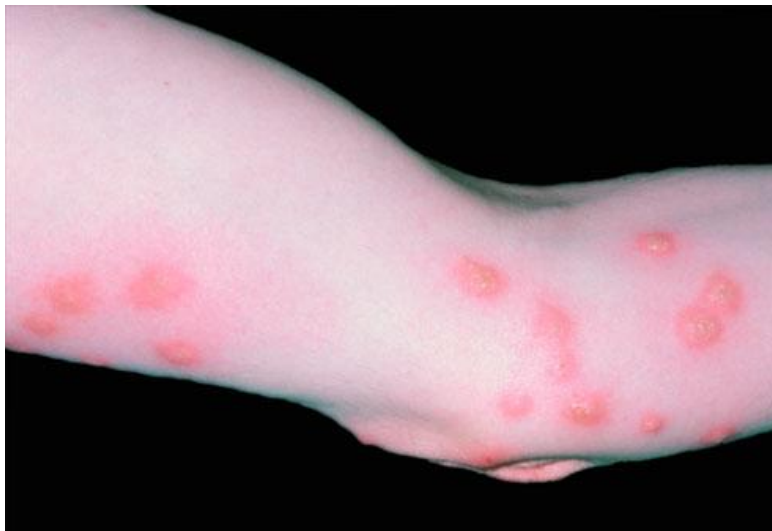
Picture A—Bedbug

Picture B—Engorged bedbug after feeding



FACTS ABOUT BEDBUGS:

- ✓ A parasites that tends to be most active during warmer weather and at night, when it feeds
- ✓ Feeding is accomplished by a painless pierce to the exposed skin with a long beak
- ✓ An extremely resilient bug, may survive months without a feeding
- ✓ Flightless, they can crawl quickly over floors, walls and ceilings. Capable of traveling over 100 feet to feed
- ✓ Transported or moved around on clothing, furniture, purses, luggage or vacuum cleaners
- ✓ Generally not detected until they bite someone
- ✓ Do not have nests but congregate in hiding places close to where they feed—usually the bed
- ✓ Early infestation will begin in the tufts, seams and folds of mattresses and bed covers
- ✓ Later will spread to cracks and crevices of bed frames, box springs and headboards
- ✓ If allowed to multiply will establish themselves behind baseboards, window and door casings, pictures, moldings, furniture, loosened wallpaper, and cracks in the plaster
- ✓ Bedbugs don't care if their environment is clean or dirty. They only require a warm host and plenty of hiding places.
- ✓ There is no evidence that bedbugs transmit disease from one individual to another.



Symptoms of bedbug bites:

- No reaction
 - OR
- Red, often with a darker red spot in the middle
- Itchy
- Welts, localized swelling
- Arranged in a rough line or in a cluster
- Located on the face, neck, arms and hands
- May include severe itching, blisters and hives

Most bites do not require medical treatment, although attention may be given to allergic reactions to the bite or the skin infections due to intense scratching of the bites. The redness and itch of the bites will generally resolve in about a week.

Treatment of bites includes:

- hydrocortisone creams
- benadryl orally
- antibiotics are only ordered if infection is present

Bedbugs are difficult to deal with and require the combined efforts of the tenant, property owner as well as qualified pest control technicians.

If you suspect bedbugs :

- ❖ HOUSING STUDENTS----- notify the director of housing as soon as possible
- ❖ OFF-CAMPUS (Apartments and houses)---notify the property owner as soon as possible



Second hand items---inspect used mattresses or upholstered furniture carefully before bringing them into your room/home.

Insect repellents designed to protect against mosquitoes or ticks are not effective against bedbugs.

The use of some pesticides is helping the bedbugs to become resistant. Contact a professional for removal of bedbugs.

TRAVELING---

- ❖ students ----notify the college representative with whom they are traveling
- ❖ faculty/staff----notify the hotel management



Travel Tips:

- ❖ Cover up—bedbugs don't tend to burrow under clothing, you may avoid bites by wearing pajamas that cover as much skin as possible.
- ❖ Check mattress seams for bedbug excrement.
- ❖ Place luggage on tables or dressers instead of the floor.
- ❖ Don't place clothing on the floor.



Seek medical treatment as is needed. Contact Student Health or your family physician.

