



Prevent **Bed Bug** Infestation

What are Bed Bugs?

- Small flightless insects
- Feed off blood of humans and other mammals
- Do not transmit disease to humans
- Three basic life cycles – eggs, nymphs (1/16th -3/16th inch) and adults (1/8th -1/4th inch)
- Adults – 6 legs, 2 antennae, very flat bodies, and reddish-brown in color

Where to Inspect?

- 80% of bed bugs are found in and around the bed
- Sheets, pillows and blankets for stains
- Behind headboards and wall hangings above the bed
- Seams and puckers of the mattress and box spring
- Baseboards/floorboards near bed

How to Prevent an Infestation?

Complete prevention may be impossible but here are some tips to minimize the risk of infestation:

- Launder bedding and clothing frequently.
- Drying items on high heat will kill bed bugs as they begin to die at 120°F
- Vacuum regularly.
- Inspect antiques and secondhand furniture thoroughly before bringing them into your residence. Launder donated clothes before wearing.
- Reduce the amount of clutter to achieve a good treatment and eliminate hiding places.
- Inspect any room you're about to inhabit while traveling.
- Inspect your luggage and clothes for bed bugs when returning from a trip.

Signs of Infestation

- Seeing live bugs, eggs, cast or shed skins, excrement or bloodstains
- Experiencing bites

What to do in case of infestation?

- Do **NOT** try to treat the infestation yourself.
- Report it to your Center Desk immediately.
- Follow all the instructions given to you.

For more information on how to protect you and your roommates from bed bugs, visit our website at <http://www.ehs.iu.edu/topics/pest-management/bed-bugs/index.shtml>



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