Prevent Bed Bug Infestation

What are Bed Bugs?
- Small flightless insects
- Feed off of blood of humans and other mammals
- Three basic life cycles: eggs, nymphs, adults
- Adults: 6 legs, 2 antennae, very flat bodies, and reddish-brown in color
- Eggs: 1/16" long, white
- Nymphs: 1/4" long, yellow-brown
- Adults: 1/8" long, brown

Where to Inspect?
- Bed frames and box springs
- Behind headboards and wall hangings
- Stains on mattresses
- Sheets, pillows, and blankets
- Baseboards and floorboards
- Metal springs

How to Prevent an Infestation?
- Complete prevention may be impossible, but here are some tips to minimize the risk of infestation:
- Reduce the amount of clutter in your residence.
- Vacuum regularly, especially in areas where bed bugs are common.
- Insect antiques and secondhand furniture thoroughly before bringing them into your residence.
- Launder all items on high heat before returning from a trip.
- Inspect any room you're about to inhabit while traveling.
- Inspect your luggage and clothing for bed bugs when returning from a trip.
- Do not try to treat infestations yourself. Call a professional pest control service.

What to do in case of infestation?
- Contact your Center Desk immediately.
- Do not try to treat infestations yourself.
- Launder all items on high heat.

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

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

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