

Treatment Preparation for Bed Bug Infestations

Indiana University Housing Residents

Your residence has been inspected and has a confirmed presence of bed bugs. Your cooperation (along with the cooperation of property management and the pest management company) is critical in successfully eradicating this pest. We know that having bed bugs is a stressful situation. You and your roommate(s) must read and complete the following protocol in order for your room to be treated. If your room is not prepared, it will not be treated.

Most pest managers prefer to conduct an inspection before any cleaning or rearranging has occurred. This gives the pest manager a sense of the full extent of the problem and prevents the disturbance and spread of bed bugs before treatment. However, once bed bugs are located and the size of the problem has been estimated, room preparation must be done, and usually by the resident. Some clients may need help and the pest control professional or building management must be sensitive to this. Different types of treatment may require different preparation steps than are specified in this document and the pest management professional should provide this information to you.

Rooms adjacent to yours will also be inspected. Monitors will be placed in your room and possibly adjacent rooms. The climb up insect interceptor monitor may be installed by the pest manager under your bed posts or other furniture items within the room. It is important that the bed be pulled away from the walls (minimum of 6 inches), and that sheets be kept up off the floor while the monitors are in place.

If you see any bugs in the monitors, experience any bites, or see signs of a live infestation, contact your resident manager immediately. Your residence will also have follow up inspections. These follow up inspections will occur between 7-14 days after treatment. Many infestations require multiple treatments.

Your room is scheduled to be treated on _____. You do not need to be present for the treatment. A hang-tag will be placed on your door with information on when you may return to your room after treatment (generally 4 hours).

Preparation Action Steps:

- Do not attempt your own pest control of any kind.
- All floors shall be cleared of any personal items in preparation for treatment
- All clothing and bedding should be laundered. Your property management may supply bags for the laundering.
- Shoes and other items (i.e.- backpacks) which can't be washed need to be placed in the dryer for 30 minutes.
- If it is not possible to launder items, they can be put in a hot dryer cycle for 30 minutes. Dry cleaning will also kill bed bugs.

- After laundering, all laundry should be placed in new sealed plastic bags. You may have to ‘live’ out of the bags for up to two weeks post-treatment. The bags used to transport the possibly infested laundry should be disposed of outside in the nearest dumpster.
- After laundering put on a clean set of clothes prior to leaving your residence for treatment.
- Items that can not fit into a dryer must be inspected for presence of bed bugs. Pay special attention to seams, folds, zippers or any other location that provides the bed bugs with a hiding place.
- Thoroughly inspect non-dryable items that will be leaving with you, prior to removing from infested area.
- You may also be asked to remove non-clothing items (books, electronics) from your closets and shelves, dressers, and under your bed. These items can be bagged and placed in the middle of the room for inspection.
- The baseboards, wall hangings, light switches, and electrical outlets in your room may be removed for treatment.
- Make sure the pest control professional can get to all furniture, closets, beds, and baseboards to inspect and treat.
- Property management or the pest control professional may vacuum your room prior to treatment.
- Based on the pest management professional’s inspection your mattress may be removed, treated, or a mattress encasement may be installed.
- If the pest management professional thinks there are items that may not be able to be treated, access to IU’s heat chamber can be requested.

The resident manager, pest management company, pest management coordinator, or IU’s Environmental Health and Safety Management may meet with you and your roommates to ensure the treatment preparations are understood and answer any questions you may have. Educational materials are also available.

<http://www.ehs.iu.edu/topics/pest-management/bed-bugs/index.shtml>

Bed Bug Facts

- **About the Bug** - Bed bugs are parasites that preferentially feed on humans. In the past decade, bed bugs have made a comeback across the United States. Much of the comeback is due to the removal of DDT previously used by exterminators to control this pest. Such infestations usually are not a reflection of poor hygiene or bad housekeeping, although clutter will provide more places for the bugs to hide.
- **Life Cycle** – Adults are reddish brown, flattened oval and wingless. They are visible to the naked eye, about the size of an apple seed or lentil. Nymphs and adults can live upwards of 18+ months without food (blood). The adult’s lifespan may encompass 12-18 months. Three or more generations can occur each year.
- **Habits** - Bed bugs are fast moving insects. They feed mostly at night when their host is asleep. After feeding, they then crawl away to a hiding place to digest the meal. Bed bugs mostly hide

during the day in dark, protected sites. They can hide almost anywhere in a room including bedding, carpets, wooden holes and electrical outlets. They usually congregate in groups.

- **Bites** -The bite is normally painless but may cause swelling in some people. Rows of three or more bites are characteristic signs of bed bugs. However, it is extremely difficult to determine an infestation by bites alone. Bed bugs are not known to transmit disease. Some people do not experience any reaction to bites. Some people may show signs of bites within 24 hours, others may take up to 14 days for the signs of bites to show.
- **Tell-tale Signs** –A bed bug infestation may be recognized by blood stains from crushed bugs or by rusty (sometimes dark) spots of excrement on sheets and mattresses, bed clothes, and walls. The shed skins of bed bugs may also be observed.
- **Control Measures** – All reports of potential bed bugs will be treated with respect. A licensed pest controller will work with the resident to provide the best treatment program possible in order to exterminate the pest. Several treatments may be necessary to ensure complete eradication.
- **Prevention** – Bed bugs rely on people to bring them to new locations. It is important to carefully inspect clothing, luggage and furniture. Infested items should be bagged before removal to prevent shedding of the bugs and eggs while being dragged through common areas.
- **Questions** - If you have any questions concerning the pest, you may contact IU's Office of Environmental Health and Safety.

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