



# Prevent **Bed Bug** Infestation

## What are Bed Bugs?

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

## Where to Inspect?

- Sheets, pillows and blankets for stains
- Under mattress and pillows
- Seams and puckers of the mattress and box spring
- Floor and moldings

## How to Prevent Bed Bugs?

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

- Launder bedding and clothing frequently.
- Vacuum regularly.
- Inspect 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 Bed Bugs

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

## What to do in case you find evidence of bed bugs?

- Do **NOT** try to treat the area yourself.
- Report it to Facilities Management immediately.
- Follow all the instructions given to you.

For more information on how to protect you and your roommate from bed bugs, visit <http://www.ehs.indiana.edu/bedbugs.shtml>