

## **Bed Bug Information\***

### **General facts about bed bugs:**

1. Bed bugs do not transmit human disease and, therefore, do not present a significant health risk.
2. They are most active after dark.
3. They are difficult to see as juveniles, small as a grain of pepper and translucent. Adult bedbugs are similar in size to ticks.
4. Infestations can be eradicated through a high-heat treatment of all personal items including bedding, clothing, personal items, electronics, etc.
5. Foggers and other liquid chemicals are not recommended and can impede the eradication efforts of the high-heat treatment.

### **What you can do:**

1. If you develop a rash that you suspect may have been caused by bites from bed bugs, please have it checked by a doctor. Appointments can be made at the Seminary Clinic by calling 502-897-4497.
2. If you suspect that you have seen a bed bug or are unsure of what you have seen, please contact Student Housing at 502-897-4203 or [housing@sbts.edu](mailto:housing@sbts.edu) to inquire about pest control services. Effective management of bedbugs should begin at the first sign of a problem.

### **What you should NOT do if you believe you have bedbugs:**

1. Do not panic. Bed bugs can be battled safely and successfully if you follow the guidelines given to you by Student Housing.
2. Do not apply pesticides on your own. Contact Student Housing at 502-897-4203 or [housing@sbts.edu](mailto:housing@sbts.edu) immediately.
3. Do not move your mattress, furniture, or personal items (book bags, duffle bags, etc.) out into the hallway or into another room. Infested furniture can be cleaned and treated. Placing infested items (especially mattresses) into common areas may simply help spread bed bugs to other rooms or apartments.
4. Do not sleep in a friend's room or in places off campus. If you actually have bed bugs, you will only spread them to others.

### **To learn more about bed bugs:**

1. Bed bugs are a growing, worldwide problem emanating from increased global travel and decreased use of pesticides.
2. Bed bugs are small, flat, oval, wingless insects (about one-fifth of an inch) that crawl at a steady rate and are visible to the naked eye. Similar to mosquitoes, bed bugs bite humans to feed on blood; however, unlike mosquitoes, they do not transmit disease.
3. Being nocturnal insects, their daytime hiding places include crevices, bed frames, mattresses and box springs, behind electrical outlet covers and picture frames, inside

drawers of furniture, within pleats of curtains, in items stored under the bed, in clothes discarded on the floor, and in other spaces where they are not easily detected.

4. Bed bugs are not generally carried on individuals but rather personal possessions.
5. For further information, please visit the [U.S. Environmental Protection Agency](http://www.epa.gov/pesticides/bedbugs/).  
(<http://www.epa.gov/pesticides/bedbugs/>)

### **Preventive practices:**

1. Student Housing, in conjunction with Student Life, has decided to prohibit the use of outside upholstered furniture in the residence halls. This includes: couches, love seats, recliners, futons, etc. Any furniture item with deep seams, tufting, or non-removable cushions more than 1-inch thick may not be brought into the residence halls. Removable cushions must be able to fit into a dryer to be kept in the residence hall. Mattresses may only be brought in with special permission from Student Housing and must have bedbug encasements.
2. Periodic inspections of all campus housing areas by Student Housing staff and pest control experts.
3. When traveling:
  - a. Use luggage racks in hotel rooms rather than leaving suitcases on the floor or on the bed.
  - b. Do not leave shoes under the bed in a hotel room.
  - c. Check the hotel room mattress and headboard before sleeping.
  - d. Upon returning home, unpack directly into the washing machine and inspect luggage carefully.
4. If considering the purchase of secondhand furnishings, check any beds, couches, upholstered chairs very carefully (see EPA information above).
5. Reduce clutter which provides places for bedbugs to hide, especially under and around the bed.

We hope this information provides you with a better understanding of this problem. Providing a safe living environment for our students and visitors is Student Housing's highest priority. Student Housing is committed to doing everything possible to prevent infestation on this campus and provide a proactive response to this worldwide problem.

\*Much of the information above was provided by the Wake Forest University Residence Life and Housing website (<http://rlh.wfu.edu/news/bed-bug-info/>)