

Environmental Health & Safety

Title: Practices for Control of Bed Bugs In Living Spaces	
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IMPORTANT FACTS ON BED BUGS:

1. **Not known to transmit diseases** - According to the U.S. Center for Disease Control and U.S. EPA, bed bugs are not known to transmit diseases. Bed bug bites can cause mild to allergic reactions, which can lead to secondary infections;
2. **Blood-feeding parasites** - Bed bugs are blood-sucking parasites that prefer to feed nocturnally (at night) on people while they are sleeping. Bed bug bite marks can take up to 14 days to appear after the bite occurs;
3. **Generally nest within 8 feet of the bed** - Bed bugs are “nesting” type insects, as they are generally found within eight (8) feet of where people sleep, but can travel up to 100 feet in one night;
4. **Travel easily** - Bed bugs and their eggs readily travel in luggage seams, overnight bags, carpeting, including newly purchased clothing from retailers. If your sleeping quarters are free of bed bugs and your next door neighbor has an infestation it is possible bed bugs will eventually be present in your living space, traveling through wall voids, floor cracks, carpeting or on clothing. For this reason, it is important that everybody works together to effect eradication;
5. **Can survive up to 6 months without food (blood)** - If you do not sleep in your bed for a period of days, it does not mean they are gone due to starvation;
6. **Developed resistance to chemical pesticides** - Due to the overuse of pesticides, some types of bed bugs have become resilient and developed resistance to chemical pesticide control.

ADVISORIES:

1. **High temperatures will kill bed bugs and their eggs** –Exposure to 113 degrees F for at least 1 hour will kill bed bugs and their eggs. Higher temperatures require a shorter duration to affect a kill. Steamers and other types of heat generating devices/units, including those specifically for luggage, are available on the retail market. **REMINDER: FLAME GENERATING DEVICES ARE PROHIBITED IN RESIDENCE HALLS PER NYS FIRE CODE;**
2. **Over-the-counter fogging/bomb pesticides should not be used** - These devices are ineffective as they will only push bed bugs further into floor cracks, wall crevices, carpeting etc., temporarily only to return in larger numbers. They also create fire hazards if electrical equipment (e.g. refrigerators) is present or can cause reactions in sensitized individuals from inhalation of chemicals.

FOUR STEPS TO CONTROL BED BUGS:

1. ***Make sure you have bed bugs and not some other problem*** - Bed bugs are small, flat, reddish-brown in color, wingless, and range from 1 to 7 millimeters. See CDC/EPA link below for bed bugs photos. Be aware and visually inspect potential nesting areas for signs of bed bugs and their eggs. Bed bugs are often found in hiding during the day in areas such as: mattress seams, behind picture frames, under box springs, screw holes, under or behind end-tables and head boards, plush furniture (cushions and wood frames), in televisions, computers, lamps, alarm clocks, jewelry boxes, books magazines, smoke detectors, and phones. Look for blood stains, eggs, molted exoskeletons, a musty sweet odor, and other signs;
2. ***Don't panic*** - Eliminating bed bugs is difficult, but not impossible. Don't throw out all of your belongings; most of them can be treated and saved. Throwing out belongings is costly, may spread the infestation, and could be unnecessarily stressful. If you believe you have an infestation, licensed professional help is available by contacting Residence Life at 878-6000 or Campus Services at 878-6111;
3. ***Clean up the clutter and launder*** - Most importantly, lifestyle and behavioral modification may be necessary. If your living conditions are cluttered then they are conducive to bed bugs infestations and efforts to reduce eradicate bed bugs will be met with failure or will be susceptible to re-infestation. Prepare for a bed bug control professional (if bed bugs are confirmed) by performing the following actions:
 - Wash and dry all clothing on hot settings. Drying on HIGH for at least 30 minutes is more important than washing to kill bed bugs.
 - Wash and dry bed sheets, blankets and pillow cases at high temperatures. Again, drying on HIGH is most important.
 - Shoes, pillows, curtains, coats, plush toys can all be placed into a dryer at a medium to high temperature.
 - Bed bugs and eggs can hide in laundry containers/hampers so clean them when you launder.
 - Pick up and organize your personal belongings - reduce the amount of clutter.
 - Provide access to all walls, closets, space around the bed and furniture for the licensed inspector to search for and get rid of bed bugs.
 - Store cleaned items in plastic bags away from the problem.
 - Vacuum and wash the floors.
 - Double-bag, tightly seal & dispose of vacuum bags immediately, they will contain live bed bugs.

- Follow the Cleaning/Laundry and Room Preparation Checklists on page 38 of the Cornell Guidelines:

http://www.nysipm.cornell.edu/publications/bb_guidelines/files/bb_guidelines_laundry.pdf

4. Notify Facilities Maintenance at 878-6111 during normal business hours (M-F, 7:30am-4:00 pm) of this issue. A representative will provide assistance. Follow any further instructions from facilities maintenance representatives.
5. ***Be proactive and vigilant and communicate with your neighbors*** – They may be gone but they can easily reappear. The more vigilant and proactive you are at re-inspecting and maintaining your living space in a well-kept condition, the less likely it is to become re-infested. Store luggage on trays. Hang clothes rather than on the floor. Bedbug free mattresses placed in mattress cases will prevent/reduce likelihood of bug nesting in/on the mattress. Don't pass your bed bugs on to others. Keep each other informed.

ADDITIONAL INFORMATION:

U.S. EPA Website Information on Bed Bug Control: http://www.cdc.gov/nceh/ehs/Publications/Bed_Bugs_CDC-EPA_Statement.htm

Cornel Bed Bug Guide: http://www.nysipm.cornell.edu/publications/bb_guidelines/