

Bed Bugs

Do I have bed bugs?



Bed bugs are a growing problem in all types of living situations. If you have seen bed bugs or have itchy bites that could be from bed bugs **DON'T PANIC.**

There are many steps that must be taken to help get rid of bed bugs. See below.

- 1. Seek Advice.** Contact Environment, Health & Safety (EH&S) Pest Management at ehspest@ucsd.edu to schedule an appointment for a bed bug inspection. If you see bugs, capture them on sticky tape or a tissue and store them in a plastic bag. Insects found could be one of many things. **DO NOT ASSUME THAT THEY ARE BED BUGS** and **DO NOT** move your belongings until a Technician has confirmed their findings.
- 2.** If the presence of bed bugs is confirmed your living space will need to be cleaned thoroughly. See instructions below.
 - Wash and dry all clothing on hot settings. Drying your clothing on **HIGH** for at least **30 minutes** is more important than washing them.
 - Wash and dry bed sheets, blankets, and pillowcases at high temperatures. Again, drying on **HIGH** is most important.
 - Place shoes, pillows, curtains, coats and plush toys into a dryer at a medium to high temperature.
 - Organize your personal belongings to reduce the amount of clutter.
 - Provide access to all walls, closets, and space around the bed and furniture so an Inspector can search for and get rid of bugs.
 - Store clean items in plastic containers or bags and set them apart from where the bed bug issue is occurring.
 - Vacuum and wash the floors or contact a cleaning service to provide
 - Dispose of vacuum bags **IMMEDIATELY - they will contain live bed bugs.**
- 3.** You will be given detailed instruction regarding preparation and must be willing to do whatever is required to eliminate the bed bugs. Without your full cooperation, the bed bugs will not be eradicated. Remember, there is no simple way to kill bed bugs.
- 4. Do not** make plans to buy **or** use over the counter "bug bombs" or insect killers. You will only spread the bed bugs into your living space and belongings.
- 5. Do not** pick up discarded items on the street. Although you may see valuable pieces, many of these objects, including clothes and shoes, may already be infested with bed bugs. **Avoid taking these items. Any used furniture, even if purchased, should be inspected.**

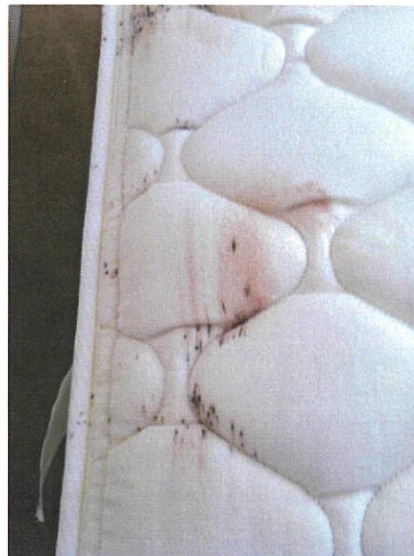
Identifying Bed Bugs

Signs of a bed bug infestation

What does a bed bug look like?



Bed bug mattress infestations



Bed Bug Room Preparation Checklist

Preparing a room for the treatment of bed bugs is essential to successful management of the issue. **DO NOT** perform any cleaning, rearranging or removal of items until an inspection and confirmation has occurred. To do so can compromise any possible findings.



An inspection gives the Pest Manager/Technician a sense of the full extent of the problem and prevents the disturbance and spread of bed bugs. However, if bed bugs are located, the room preparation must be completed **by the resident prior to treatment**.

Room preparation steps include the following:

- Remove all blankets, sheets, covers, pillows, bath towels and drapes/curtains from the room and place them into bags for transport to the laundromat.
- Empty drawers and closets. Place belongings into plastic bags. Place all clothing into bags for transport to the laundromat. Shoes and children's plush toys should be placed in plastic bags as taken to the laundromat as well.
- Plastic toys, books, electronics and anything that cannot be washed should be bagged separately for inspection.
- The room should be empty of all cloth and plush items with the exception of large plush furniture. If possible, the pillows of plush furniture should be removed and laundered.
- Move furniture at least 18 inches away from the walls. If necessary, get help.
- Picture frames should be removed from the walls and cleaned or treated.
- People and pets must leave the area during treatment and wait the stated amount of time before re-entering the premises (usually four (4) hours after treatment).
- All clothing, linens and other items must be cleaned (free of bed bugs) and kept **isolated** until the resident is moved to a new room or location, or the bed bug problem is eliminated.
- Make sure the Pest Control Technician can access all furniture, closets, beds and baseboards to inspect and treat.

Bed Bug Cleaning and Laundry Checklist

Pesticides alone will not eliminate a bed bug infestation. Inspecting and cleaning the living area and all personal belongings are critical to bed bug control and elimination. Follow all the recommended steps as they apply to the individual situation.



Cleaning and laundry steps include the following:

- Inspect all personal belongings very carefully. All possibly effected items need to be sealed in plastic bags or bins. **DO NOT** use cardboard boxes. Bed bugs can hide in the folds where they can deposit eggs.
- Seal all clothing and linens in large clear plastic bags. Clear bags are best because bed bugs can be seen inside of them.
- Seal shoes, coats, pillows, children's plush toys, small rugs and mats in large clear plastic bags.
- All clothes, linens, pillows, shoes, coats and children's plush toys should be treated by placing them into a **HOT** dryer for no less than **30 minutes**. **Do not** over-stuff the dryer, heat must reach all items.
- Keep clean items separate from the ones that have not been checked or cleaned.
- Unless you are positive there are no bed bugs on personal belongings, these items should remain in the bag or bin until they can be carefully inspected and washed.
- The room should be emptied of all personal belongings and the floors thorough vacuumed wit a brush attachment. **(Be sure to wash the attachment in hot water with detergent)**
- The mattress and box spring should be vacuumed to remove any live bugs and debris. It should be immediately encased or prepared for treatment.
- Hard furniture, floors and walls should be washed liberally with soap and water.
- Wash in and around any non-electrical heating units (steam pipes, radiators, etc.)