

# Bed Bug Information

## Website Resources:

- [www.bedbugger.com](http://www.bedbugger.com)
- [www.bedbugcentral.com](http://www.bedbugcentral.com)
- <http://thebedbugresource.com>
- <http://www.achd.net/pr/bedbug.html>

## Identification:

- Eggs are pearly white and 1mm in length
- First stage immature bed bugs are light colored, somewhat translucent and only 1mm in length
- Adult bed bugs are approximately ¼ inch in length and are reddish –brown in color
- Bed bugs are nocturnal
- Can be found in bed frames, head boards, mattresses, box springs, between and beneath floor boards, in carpeting, under decorative moldings, under furniture, behind picture frames, inside wall voids, and behind switch plates

## Information:

- Bed bugs are not considered a disease threat and at the current time, by traditional definition, are not considered a pest of medical importance.
- Rarely are structures vacated during bed bug infestations. Instead occupants remain present while the bed bugs are eliminated.
- There HAS been an increase in bedbug infestations across the nation. Pest control companies who received 1 or 2 bed bug calls a year are now reporting 1 to 2 each week.
- These pests are not limited to any one specific type of dwelling. Pest control companies have been reporting the infestations in multi-family housing, apartments, hotels and even hospitals.
- Bed bugs should not be equated with filth or sanitation problems. They are often found in other areas besides the bed. And they are hardy. They can live for a year or more without eating and can withstand a wide range of temperatures from nearly freezing to almost 113 degrees Fahrenheit.
- Any effective bedbug control strategy should start with a careful, thorough inspection by a pest control professional of all known and suspected spots where the bugs may be harboring. This is not a pest that can be controlled effectively with do-it-yourself measures.

## Frequently Asked Questions

### What are bed bugs?

- Bed bugs are small nocturnal insects that live by feeding on the blood of humans and other warm-blooded hosts. Bedbugs are generally active only at dawn, with a peak feeding period about an hour before sunrise. After feeding for about five minutes, the bug returns to its hiding place.
- Bites **consist** of a raised red bump or flat welt, and are often accompanied by intense itching. The red bump or welts are the result of an allergic reaction to the bedbug's saliva. Bed bug bites

may appear indistinguishable from mosquito bites, though they tend to last for longer periods. Bites may not become immediately visible, and can take up to 9 days to appear. Bed bug bites tend to not have a red dot in the center such as is characteristic of flea bites.

- There have been no known cases of bed bugs passing disease from host to host. Extensive testing has been done in laboratory settings that also conclude that bed bugs are unlikely to pass disease from one person to another.

### **How did we get bed bugs?**

- Anyone can pick bed bugs up from a location where they presently exist – someone’s apartment, other dorm rooms, movie theatres, etc. Bed bugs are equal opportunity pests – they will infest anyone, **anywhere**.

### **What SHOULD I do if I believe I have bed bugs?**

- Notify Panther Central ASAP at 412-648-1100.
- Be prepared to follow the written instructions carefully and quickly.

### **What happens when the exterminator comes to my room?**

- Initial inspection will be provided by an extermination expert or through the use of a trained dog utilized by the exterminator company.
- If Bed Bugs are found, your room the room will be treated according to the level of infestation.
  - Heat treatments
  - Poison treatments
- You will be given detailed instructions as to what to do with your belongings.
- The exterminator will also perform a THOROUGH and DETAILED vacuuming of your room and belongings. All of your room and items contained within it should be vacuumed on the outside surface and each drawer, crevice, etc. must also be vacuumed. This includes:
  - Mattress & Bed Frame
  - Desk and Chair
  - Inside Closet
  - Laundry Basket
  - Clock, phone
  - Mirror
  - Dresser
  - Books & Bookshelf
  - Blinds
  - Pictures and Posters
  - Area Rugs
  - CD Cases
  - Personal Furniture
  - Window and Frame
  - Electrical Equipment & Computer
  - Shoes and Shoe Boxes
  - Audio or Video Equipment
  - Perimeter of the Room
- While this process is taking place (a few hours), you will need to be out of your room. Once you are permitted back in your room, you may bring in your freshly laundered clothing and bedding and un-bag your other items.

### **Since I travel quite a bit, what can I do to reduce my risk of bringing these bugs back with me?**

- First, look at the room to seek potential hiding places for bedbugs, such as carpet edges, mattress seams, pillow case linings, head boards, wall trim or other tiny crack-like places bed bugs might hide.
- Next, look specifically at the mattress seams for signs of bed bug activity: droppings, eggs, bloodstains or even bed bugs themselves – hiding in tiny folds and seam lines.

- Never leave your clothing laying on the bed, or any location of possible infestation. Instead, use hangers or hooks capable of keeping all cloth distant from the floor or bed.
- Close your suitcase, travel bag, when you're not using it. This way, during the night the bugs may move over top of your luggage with greater difficulty to get inside.
- Elevate your luggage off the floor to a luggage stand, tables or chairs. These may also be hiding places, but less likely.
- Keep any bed bug you find (intact if possible) to show the hotel owner.
- When you return from any travel (especially abroad) it is a good idea to take your suitcase to the Laundromat so you can wash ALL items before taking the suitcase to your home, residence hall, etc. If you do your wash in hot water before entering your residence, you will stop the spread of these bugs.

**What SHOULDN'T I do if I believe I have bed bugs?**

- Don't panic! Bed bugs are pests that can be exterminated safely and successfully if you follow all guidelines given to you by Panther Central.
- Do not apply pesticides on your own. Panther Central and Housing hires licensed exterminators to confirm the infestation and to develop an integrated pest management plan.
- Do not move your mattress or any furniture out into the hallway. Infested furniture can be cleaned and treated. Placing infested furniture (particularly mattresses) into common areas or on the street may simply help spread bed bugs to the rooms and suites of other students.
- Do not go sleep in a friend's room or in places off-campus. If you actually have bed bugs, you will only spread them to others.