BED BUGS: EDUCATION and AWARENESS

Bed bugs are small flightless insects found worldwide and are increasingly common in the United States. They feed off the blood of humans and other mammals such as birds and bats. Bed bugs have 3 basic life stages: eggs, nymphs, and adults. They are not known to transmit diseases to humans. They are reclusive in the day and typically feed at night. Adult bed bugs and nymphs are small but not microscopic. Adults range from 1/8\textsuperscript{th} to 1/4\textsuperscript{th} inch, and nymphs from 1/16\textsuperscript{th} to 3/16\textsuperscript{th} inch. They are oval shaped and reddish-brown, rusty, and mahogany in color. Nymphs are typically lighter in color and can be transparent in appearance. They have 6 legs, two antennae, and very flat bodies.

Bites

It can be difficult to tell bedbug bites from other types of insect bites. However, they are typically itchy, and they may appear clustered or lined up in rough rows. In general, the sites of bedbug bites usually are:

- Red, often with a darker red spot in the middle
- Itchy
- Arranged in a rough line or in a cluster
- Located on the face, neck, arms and hands

Some people have no reaction at all to bedbug bites, while others experience an allergic reaction that can include severe itching, blisters or hives. Using over the counter medications such as Benadryl or hydrocortisone cream can help alleviate the itching. If you experience allergic reactions or severe skin reactions to your bedbug bites, see your doctor for professional treatment.

Signs of infestation

Seeing live bugs as well as experiencing bites may be a sign of infestation. Eggs, cast or shed skins, excrement, and bloodstains are also possible signs of infestation. These may be found in and around bedding as well as cracks and crevices where bed bugs like to hide.

Follow these links to view some information that may help you prevent or identify an infestation.

http://www.mayoclinic.com/health/bedbugs/DS00663
http://www.ehs.indiana.edu/bedbugs.shtml

Prevention

While there is no silver bullet in preventing or treating bed bugs, there are some steps you can take to minimize the risk. Frequent laundering of bedding and clothing and a regular vacuum regimen can help prevent bed bug infestations. Storing luggage elevated and not on upholstered items when traveling as well as immediate washing and drying of clothes when returning from traveling can help reduce the risk of bringing them into your residence.
Reporting

**Campus Housing**

If you think or know you have an infestation, immediately report it to Josh Skillman at 274-8499 if you live in campus housing or to your landlord if you live off campus.

**Non-housing Campus Locations**

As with other building issues; if you suspect there may be bedbugs in an area due to either visible evidence or you have an infestation off campus, please contact the Campus Facility Services trouble line at 278-1900. The IUPUI pest control contractors and CFS personnel will investigate the report. We want you to report any suspicions; identifying a problem early can drastically reduce the amount of effort needed to eradicate the pests. Please do not be embarrassed to report a suspected problem, even if it's your own. Bedbug infestations can occur to anyone who travels or simply by visiting a place where there is an unknown infestation.

For further information, please call IUPUI Environmental Health and Safety at 274-2005 or go to [http://www.ehs.iupui.edu](http://www.ehs.iupui.edu)