

HOW DO I PREVENT BED BUGS?

- Change and wash your bedding regularly.
- Reduce clutter.
- Inspect and clean used/second-hand items thoroughly before bringing items home.
- When traveling:
 - a. Inspect hotel mattress, headboard, dresser, closet, etc. before unpacking your luggage
 - b. Keep luggage off floor and bed using a luggage rack.
 - c. Always keep your luggage closed when not in use.
 - d. Hang clothes instead of placing them in dresser.
 - e. Pack plastic bags just in case you suspect infestation has occurred.
 - f. When you return home, unpack clothes directly into the washer for immediate cleaning.

EARLY DETECTION AND PROMPT RESPONSE TO BED BUGS WILL AVOID LARGER PROBLEMS LATER.

COMMON BED BUG MYTHS

MYTH: You can't see bed bugs.

Reality: You should be able to see adult bed bugs, nymphs, and eggs with your naked eye.

MYTH: Bed bugs live in dirty places.

Reality: Bed bugs are not attracted to dirt and grime; they are attracted to warmth, blood, and carbon dioxide. However, clutter offers more hiding spots.

MYTH: Bed bugs transmit diseases.

Reality: There have been no cases or studies that indicate bed bugs transmit diseases between humans.

MYTH: Bed bugs won't come out if the room is brightly lit.

Reality: While bed bugs prefer darkness, keeping the light on at night won't deter these pests from biting you.

MYTH: Pesticide application alone will easily eliminate bed bug infestations.

Reality: Bed bug control can only be maintained through a treatment strategy that includes a variety of techniques. Proper use of pesticides may be part of the strategy but will not by itself eliminate bed bugs. Contact Residence Life if you suspect bed bugs in your room.

CALL US AT (406) 683-7565 OR EMAIL RESIDENCELIFE@UMWESTERN.EDU.

BED BUGS

Prevention, Detection, and Control



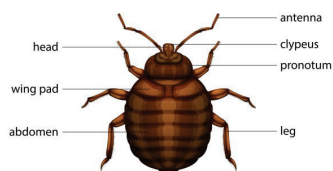
THE UNIVERSITY
of
MONTANA WESTERN

RESIDENCE LIFE

WHAT IS A BED BUG?

- Bed bugs are blood feeder parasites that seek out people and animals to feed on.
- Adult bed bugs are apple seed size and nymphs and eggs are much smaller.
- Bed bugs are brown colored, flat, oval, with six legs and two antennae.
- They do not fly (no wings) or jump.
- They tend to feed at night and hide during the day.

Bed Bug Anatomy



HOW TO DETECT BED BUGS?

- Unexplained, often itchy red spots appearing on the skin usually in rows or clusters (skin reactions can be more severe). Drugs, medical/mental conditions, and allergies can mimic insect bites.
- Look for scattered brown spots on bed linen and/or mattress seams, or your favorite seat.
- Look for small oval-shaped brown insects on bed(s) or chair(s).
- Contact Residence Life Staff to identify insects (if found). Carpet beetles, fleas, ticks, and small cockroaches can be mistaken for bed bugs.

BED BUGS ARE NOT KNOWN TO TRANSMIT DISEASE.

HOW ARE BED BUGS SPREAD?

- Bed bugs can be brought home with you on suitcases, backpacks, clothing, furniture, and previously used items.
- Bed bugs can travel between rooms/apartments by sitting on someone's bed/chair that has been infected.

WHAT IF I THINK I HAVE BED BUGS?

- Don't panic; feelings of violation, disgust, and stigma are common.
- Contact Residence Life to inspect your room.
- Cooperate with Residence Life and qualified pest management professionals.
- Educate yourself. Be careful when researching on the internet. University (.edu) and Government (.gov) sites are preferable because information has been reviewed.

HOW DO I GET RID OF BED BUGS?

- Remove clutter as it provides hiding places for bed bugs.
- Place all bedding (sheets, mattress covers, bedspreads, pillows, etc.) in a sealed plastic bag.
- Empty dresser drawers and closets and place contents in a sealed plastic bag. Wash and/or dry clothes on high heat setting.
- Don't bring anything new (linens, furniture, etc.) into room/apartment until the bed bugs are eliminated.

BED BUGS ARE NO ONE'S FAULT. THEY DON'T DISCRIMINATE - ANYONE CAN GET OR HAVE BED BUGS.

WHERE CAN BED BUGS HIDE?

- Mattresses, box springs, bed frames, and headboards (along seams and piping, under handles and labels).
- Seams and fabric folds in curtains and under furniture, including chairs and sofas.
- Under wall-to-wall carpeting and padding.
- Anywhere there are cracks and crevices or nail holes in walls, and under wood moldings and baseboards.
- Under loose wallpaper and seams, and where ceiling and walls meet.
- In and behind picture frames and mirrors.
- Clothing and clutter stored in closets, under beds, and elsewhere.
- Inside switch plates, outlets, electronics, and/or smoke detectors.
- On and in recently used luggage, backpacks, and bags.

