I WOULD LIKE TO RENEW MY LOYAL DAWGS MEMBERSHIP WITH MY GIFT OF:

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.

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 RESIDENCENCELIFE@UMWESTERN.EDU.
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.

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.

BED BUGS ARE NOT KNOWN TO TRANSMIT DISEASE.
BED BUGS ARE NO ONE’S FAULT. THEY DON’T DISCRIMINATE - ANYONE CAN GET OR HAVE BED BUGS.