This is a guide to help with bed bug prevention. We want to partner with you to help keep the residence halls and apartments free of pests. All residence halls and apartments on campus are regularly inspected and treated as needed, however we do acknowledge that things happen and outbreaks can occur. Because of this, we have procedures to help make the situation as easy as possible.

-Office of Housing and Residential Life
WHAT IS A BED BUG?

Contrary to popular opinion, the presence of bed bugs has no direct correlation to cleanliness, anyone can get bed bugs. Bed bugs are small wingless insects with piercing-sucking mouthparts. Similar to mosquitoes, bed bugs will feed off your blood. Generally bed bugs are only active at dawn, with a peek feeding period before sunrise. After about 5 minutes of nourishing themselves they return back to where they were hiding. Bed bugs aren’t known to carry disease, but their bites can leave large, itchy welts on your skin.

GET TO KNOW A BED BUG!

**SCIENTIFIC NAME:** Cimex lectularius  
**COMMON NAME:** Bed Bug  
**SIZE:** 1/4” (approx. adult)  
**DESCRIPTION:** Brown, flat, oval  
**REPRODUCTION:** 3-5 eggs/night  
**LIFESPAN:** 6-18 months  
**HABITAT:** Bedding, couches  
**FOOD:** Human blood  
**DISTRIBUTION:** Global
IDENTIFYING A BED BUG

They are nocturnal and rarely active during the day.

1/4” Inch Long

Bites are reddish, inflamed bumps, without pustules; they itch and look similar to mosquito bites.

Diamond-Shaped Back

Fecal matter appears as black/rust colored spots on sheets and mattresses.

Bed bugs have a tendency to cluster/aggregate in and along mattress seams and box springs, amongst folds in sheets, and in any holes within a bed frame or near a bed.
If you have a suspicion of bed bugs in your room, the first thing to do is to call your front desk. They will schedule an inspection of your room. If it is determined that your room/apartment needs a treatment you must prep your space for the treatment to be as successful as possible. You will be provided with a preparation list. You must follow all steps to ensure the treatment works.

Bed bugs do not transmit disease. When you get bit it will feel like you have received a mosquito bite and you will want to itch it as if it was one. This is usually the first sign of an infestation. Wash the effected areas with anti-septic soap to reduce the risk of infection.
How WSU Handles Bed Bugs

In the event of a pest infestation, Housing and Residential Life brings in a pest service company that will treat your room and rid the area of pests effectively. They will pick from a variety of options that will best suit each situation.

**Heat Treatment**
The entire living space is heated, resulting in the eradication of all bed bugs, including eggs. Residents will need to prepare their space and vacate their unit for about 8 hours and the unit may still be very warm upon their return.

**Conventional Treatment**
In this treatment non-toxic sprays and insecticides are used to rid the infected area. This method is successful as long as residents cooperate with preparation guidelines. Residual material is placed in wall voids to prevent re-infestation.

**Mobile Heat Chamber**
A portable heat-treatment chamber brought to your location to provide direct heat to furniture, mattresses, clothing, etc. This method is only used to treat individual items, not whole apartments or rooms.
You should always be aware of the potential problem of bed bugs. With some effort, bed bugs can be avoided.

- Use a mattress cover on your bed
- Always check backpacks, suitcases, furniture, etc. (especially after traveling)
- NEVER take used furniture you find on the road or in a dumpster! It may look fresh and clean, but deep down it may be housing a colony of bedbugs!