



## SAFER PEST CONTROL PROJECT

# BED BUG CHECKLIST FOR CAMPUS RESIDENTS

**Do you think you have a bed bug problem? Are you...**

- 1) Waking up with bite marks, usually in a line or a circle?
- 2) Seeing red smears or stains on your sheets, mattress, or other furniture near your bed?
- 3) Seeing live or dead bed bugs through a magnifying glass?

**If you answered yes to any of the above, you may have a bed bug problem. Use this checklist to help you figure out what to do next.**

## WHAT CAN YOU DO?

### Right away:

- Pull bed away from wall.
- Put clothes, bedding, and other items in dryer for at least 20 minutes on HIGH heat.
- Once you remove items from dryer, seal them in bags so bugs cannot get in again
- Vacuum well and regularly. Use a vacuum with a bag. Seal and dispose of bag right away.
- Wash and heat dry bedding as often as possible.

## BRINGING BED BUGS HOME

Bed bugs are very good hitchhikers. If you suspect you have bed bugs, you should take precautions to avoid bringing them home. Bring home only what you absolutely need. If possible, only bring home clothing that has recently been placed in a hot dryer. Bag all items before transporting them home or elsewhere. Books and backpacks should be carefully inspected as well. Some backpacks can be placed in a dryer – read the label.



## IF YOU SUSPECT BED BUGS ARE IN YOUR HOME: DOS AND DON'TS.

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|--|---|
| <input type="checkbox"/> <b>DO</b> call your student housing office or residence hall staff                      | <input type="checkbox"/> <b>DON'T</b> panic – help is on the way              |
| <input type="checkbox"/> <b>DO</b> clean up general clutter  | <input type="checkbox"/> <b>DON'T</b> throw away your furniture or belongings |
| <input type="checkbox"/> <b>DO</b> inspect your room for signs of bed bug activity – mattress, closet, furniture | <input type="checkbox"/> <b>DON'T</b> bug bomb or use other pesticides        |
| <input type="checkbox"/> <b>DO</b> wait for professional help  | <input type="checkbox"/> <b>DON'T</b> attempt to control the problem yourself |
|  | <input type="checkbox"/> <b>DON'T</b> relocate yourself without permission    |

Safer Pest Control Project is a not for profit organization dedicated to reducing the health risks and environmental impacts of pesticides and promoting safer alternatives in Illinois.

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