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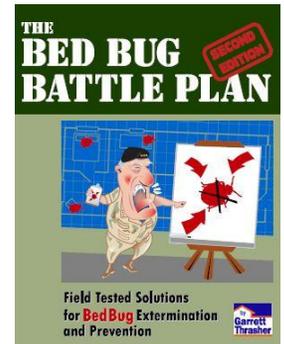
BED BUG PREVENTION ON AND OFF CAMPUS

Avoid STBBs! (Socially Transmitted Bugs)

*Excerpt from **Bed Bug Battle Plan: Field Tested Solutions for Bed Bug Extermination and Prevention, Second Edition** by Garrett Thrasher, available at Amazon.com*

Bed bugs are an introduced pest and a persistent problem in campus housing and in many Greek houses. Your room may have already been infested with bed bugs when you moved in, or they may crawl over from the room across the hall. You also put yourself at risk anytime you bring in used furniture, get a new roommate, or let a friend stay for the night or weekend.

Prevent your space from being invaded by bed bugs while at college by using bed bug prevention products. If you suspect bed bugs in your living quarters, report the problem immediately to the appropriate housing authority. **DO NOT** attempt to get rid of bed bugs on your own.



Bed Bug Prevention Shopping List for Dorms and Greek Houses

The following items help to prevent and to quickly identify a bed bug infestation. These items are available at www.ThrasherBedBugs.com/bed-bug-store --click on "Dorm Kit."

- Certified Bed-Bug-Proof Mattress Encasement
- Certified Bed-Bug-Proof Box Spring Encasement
- Certified Bed-Bug-Proof Pillow Protectors
- Furniture Leg Insect Interceptors
- Dissolvable Laundry Bags
- Ziploc® Big Bags for storage and transport
- See-through Storage Boxes for storage and transport
- Clear Contractor Bags for transporting bulky items
- Zip ties to seal contractor bags
- Zippered bed, sofa, and chair storage bags for furniture that will be transported

How to Avoid Bringing Bed Bugs Home for the Holidays



When college students arrive home for the holidays, many will bring bed bugs with them. Did you know that 30% of people have no reaction to bed bug bites? This fact means

that you may have belongings infested with bed bugs and not realize it. Keep your "permanent address" from becoming infested by applying the same preventive tactics to your belongings that are used by frequent travelers.

1. Pack Thoughtfully

Clothing that can be hot laundered should be sealed in plastic garbage bags, or dissolvable laundry bags. When bagging the clothing it is a good idea to separate the clothing into single laundry loads. Clothing that requires dry cleaning should be placed in a plastic garbage bag, sealed and placed aside. All bagged items should remain sealed in the bags until they can either be hot laundered, dry cleaned or dealt with using one of the heat methods discussed below.

Other items that you bring home should be placed in clear, plastic lidded containers. **DO NOT use cardboard boxes you find near the dumpster or from a friend.** The clear plastic makes it difficult for bed bugs to hide, while

cardboard has far too many places for bed bugs to hide and for eggs to stick.

2. Bag and Seal Luggage before Placing It in Your Car

If traveling by air, seal luggage in heavy duty plastic bags when you arrive at your destination. If bed bugs sneaked into in your belongings this step will keep them isolated until you can deal with the contents effectively at home AND will prevent any bugs from infesting the vehicle.

3. Unpack Methodically

Do not take your belongings inside your home. Unpack in an area that is well lit and away from furniture and sleeping areas (outdoors or in a garage). Unpack one container at a time, separating items in the following manner (but first discard the plastic bags in an outdoor trash receptacle):

A. Launder Your Clothes

Clothing that has been separated into dissolvable bags can be placed directly into a washing machine. According to Dini M. Miller, Ph.D., Department of Entomology, Virginia Tech, a loosely filled dryer set on "high" is capable of killing all bed bug life-stages and their eggs in 30 minutes. The word "loosely" is important. A packed dryer may not get hot enough for long enough to kill bed bugs.

- Launder washable items on hot and then dry on high in a loosely packed dryer for 30 minutes.
- Either send items labeled dry-clean only to the dry cleaner, or place in a clothes dryer on high (160°F) for 30 minutes.
- If you send items to the dry cleaner, inform the dry cleaner that the items have been exposed to bed bugs so that the cleaner can keep your items from infesting others.



When the dry cycle is finished, carefully bag the dryer's lint trap and take it outside to empty.

B. Inspect or Treat Everything Else

- Use a dryer rack (if available) inside your clothes dryer for items that cannot be tumbled, such as leather shoes, purses, and books. (Do not attempt with electronics or plastics!)
- If you have items that should not be washed in hot water, nor tumbled dry, try this technique: place items loosely in a large, black plastic bag and seal tightly. Place the well-sealed bag in a car with the windows closed and parked in the sun. It takes 20 minutes for the interior of a parked car to reach 120°F on a 93°F day. The temperature in the bag must reach 120°F for at least 20 minutes. Add extra time to fully heat the contents of the bag, and then add another 20 minutes. *This method is NOT guaranteed to work but may kill some bed bugs.*

4. Inspect Your Bed in 7 and 14 Days

Inspect your bed from time to time after returning home. If any evidence of bed bugs is detected or you begin to experience itchy welts you should immediately call Thrasher Termite & Pest Control to investigate the possibility of bed bugs.



Bed bug on bed frame



Bed bug on sheet