

Bed Bug Heat Treatment Checklist for Students

If you receive confirmation from Housing and Dining Services or Facilities Management that you have bed bugs in your room and/or suite, *please follow the instructions below very carefully*. These steps are necessary for the successful extermination of the bed bugs from your living space. It is expected that you will take care of these tasks within 24 hours after confirmation from Housing or Facilities. If you reside in a multiple room apartment, it is expected that all roommates follow these guidelines. If you live within a suite, you will be instructed as to how much of your suite has been affected, and that will, in turn, determine which members of your suite must complete this process.

Bed bugs are a nuisance to everyone, and their presence in your room does not mean that you are dirty or untidy. They will take advantage of any opportunity they have to visit your room regardless of your living habits. Pest management companies utilize high temperatures, in excess of 120 degrees, to eradicate bed bugs. The following instructions have been developed based on this thermal approach.

You will be provided with the following tools to assist in this process:

1. Large trash bags to put personal items you will take with you such as identification, personal hygiene products, and money. You will not be permitted to take backpacks, purses, etc. with you when you leave your room.
2. Large trash bags for clothing items you will need right away. Any clothing removed from the room must be in the trash bag and taken directly to the laundry room and put in the dryer for a full cycle (minimum of 45 minutes on high heat). The same applies to all bedding.

BEFORE - the pest control agent can treat your room, you must do the following:

1. Using trash bags provided to you, place one change of clothes in a bag, which you will take with you to wear until your room has been treated (in addition to the clothes you are currently wearing). You must launder these clothes in hot water and dry them in high heat before you relocate.
2. Go through ANY clutter that is in your room and organize it as best as possible. If you have trash, you must bag it, but leave it in your room to be disposed of properly. Clutter provides places for bugs to hide. There cannot be any piles of items in your room. This will prevent the heat from penetrating all items and leaving a "cold spot" for the pests to hide.
3. Please leave your books in your room as they will be treated as well. If they are rare/old books that might be damaged by heat, they can be removed or placed in a cooler.
4. Put all heat-sensitive items such as make-up or medicine in a cooler or refrigerator to insulate them from the heat.
 - Unlock all closets, luggage, storage chests, cabinets, etc.
 - Unplug all electronic devices such as computers, televisions, game systems, clocks, etc.
 - Do NOT unplug refrigerator.
 - Remove pictures, mirrors, and ornamentals from walls and place on floor leaning against the wall.
 - Remove oil paintings from treatment area.

- Remove all bed linens from the mattress (and box spring, if applicable). These items may be left in the treatment area or laundered. Launder items in a dissolvable laundry bag, and be sure to dry on high heat for 45 minutes or more.
- Remove all clothing/fabric packed in storage containers, place in dryer on high setting for 45 minutes.
- After drying, place these items in large, tightly sealed plastic bags and clearly mark them "CLEAN". Do not return these items to the room until the treatment has been completed and you have been notified that you are able to return to your room.
- Pull out drawers in a step fashion. Clothing can remain as long as it is not packed tightly.
- Remove all items from beneath your bed (remove the lid from any containers).
- Deflate air mattresses.
- Remove all medication, including vitamins from treatment area or place in refrigerator.
- Remove un-refrigerated canned or bottled beverages such as soda, and juice from treatment area.
- Remove aerosol cans.
- Remove all personal hygiene products such as deodorant, lipstick, cosmetics, toothpaste, liquid soaps, etc. or place in refrigerator.
- Remove all wax items including candles, crayons or place in refrigerator.
- Remove all candy including chocolate, chewing gum, etc. or place in refrigerator.
- Remove musical instruments. Leave the case in treatment area.
- Remove fire extinguishers.
- Remove valuable or irreplaceable items such as old photographs, heirlooms, expensive jewelry from treatment area to prevent any breakage.
- Ask Facilities Management if you are unsure about any specific items

AFTER - the pest control agent has treated your room:

1. You will be asked to vacate your room for a period of time while the process is taking place.
2. Once given permission to return to your room, you may bring your freshly laundered items back into your room.
3. Please monitor your room for further evidence of bed bugs. If you find anything suspicious, please contact Facilities Management immediately so the pest control company can return to your room for a follow-up inspection.

Controlling the Problem

1. Student(s) must not remove bedding or other items to other locations without approval, this action may cause the spread of the problem to other rooms.
2. Student(s) must not share clothing or other items with residents in potentially infested rooms or those who may have come into contact with them. Until the problem is identified and solved, all precautions should be taken to ensure that the problem remains isolated and can be adequately treated and solved.
3. Remain calm and do not panic! Practice rumor control and confidentiality. It normally takes months for a severe infestation to spread to other rooms within the same general area.