

University Protocol for Response to Bed Bugs

Bed bugs have become an increasing problem nationwide. The increase is believed to be due to the discontinued use of toxic chemicals which are needed to control them. Current measures are effective, but must be followed judiciously. When a room is infected, the whole room must be treated. In addition rooms on either side, above and below the infected room must be inspected, and possibly treated. Clutter in a room provides more places for these insects to hide. Although bed bugs do not carry disease, they are still unwelcome visitors that are difficult to eradicate. Multiple inspections and treatments may be necessary for complete extermination. A coordinated effort within the university community is most effective in dealing with this issue.

The following departments will work together to resolve any bed bug issues:

- Housing and Dining
- Building Services
- Environmental Health and Safety
- University Health Services

These departments will be responsible for:

- Providing proper pest management services for the areas affected.
- Ongoing communication with the resident about the treatment process and progress.
- Providing vinyl sealed mattress covers or a replacement mattress, whichever is most appropriate.
- Communicating any issues related to bed bugs to Environmental Health and Safety
- Environmental Health and Safety will keep all other departments informed

The Resident will be responsible for:

- Following the Treatment Protocol.
- Communicating with staff about the situation and any future bites or outbreaks or any allergies they may have.
- Communicating with their roommate(s) of the potential problem.
- Washing all their clothes/ bedding after the room has been treated.
- Understanding that it will likely take multiple treatments to solve this problem and eliminate the pest.

Determine the problem

Residents who have questions or concerns about bed bugs should be directed to the Work Request Office. This office will be the central point of contact for residents, parents, and staff involved in the treatment process.

1. Upon receiving a call about bed bugs, the Work Request Office staff will ask the following questions to help determine whether the pests are bed bugs. Bed bugs are very difficult to diagnose because of the type of bites and the size of the pest.

- If they have bites, where are they on their body? If so, do the bites follow a line or trail?
 - If bugs have been seen, where exactly have they been seen?
 - Have they recently stayed with a friend or relative who has had a similar problem?
2. After speaking with the resident, the Work Request Office will fill out the Integrated Pest Management form and fax it to EHS at 753-6294 to report the problem. Any affirmative answers to the initial question (#1 above) should be documented on the form.
 3. During nonbusiness hours Hall Directors may call Michele Crase at 815-762-1187(cell).
 4. EHS will contact pest control and coordinate activities.
 5. The potential bed bug issue will then be entered onto a spreadsheet which is located in the shared folder \\StudentAffairs\apps\Housing_and_Dining\PestControl
 6. The Work Request Office will also notify the hall director and complex coordinator of the potential problem.

Identify and Respond to Bed Bugs

Bites in a line may be the only initial indication that a room is infested with bed bugs. They are elusive and can easily hide in very small places as well as on mattresses. For this reason, all requests will be investigated. It is important that the residents work with EHS so that effective treatment can be provided. ALL residents of a room will need to comply. See Treatment Protocol.

1. A thorough room inspection will be performed by trained pest control personnel.
2. If no bed bugs are found, only that room will be treated with the proper chemicals for any pests found, by the pest controller.
3. If bed bugs are found upon inspection, that room will be treated. In addition the room above, below and on either side will be inspected and potentially treated.
4. Follow up visits by the pest controller will be made to determine that the treatment was effective in eradicating the pests. Multiple treatments may be necessary.

*** Residents will not be moved to another room because of any infestations. This only spreads the problem. Housing and Dining does reserve the right to move a roommate of the resident with bed bugs based on the individual circumstances.**

Treatment Protocol for Bed Bugs

Northern Illinois University

Treatment Process

Step 1: Inspection

1. Once an area has been identified as a potential problem, a certified Pest Control Technician will inspect the area. A thorough inspection of the room will include, but not limited to, the mattress, bed frame, closet, desk, clothing, and any luggage. This investigation may require several hours as bed bugs are difficult to locate.
2. If an infestation of bed bugs is not found, the area may be treated for any other pest problems that are identified. As with any health issue, residents should see a physician if they continue to experience a skin outbreak.

Step 2: Treatment

1. All floors must be cleared of any personal items in preparation for treatment.
2. Based on the inspection, the mattress will either be treated and enclosed with a vinyl cover or removed in a sealed plastic bag.
3. Inspection and potential treatment will include rooms immediately surrounding (including above, below, left, right, and across) the target room. This is a precautionary technique and residents in these rooms are not required to follow the laundry recommendations unless they too have signs of the target pest.
4. Treatment to infested areas may take more than one application. Follow-up inspections will be required.

Step 3: Post Treatment

1. All clothing and bedding should be laundered. Place in a plastic bag. After cleaning, all laundry should be placed in NEW plastic bags to be returned to the room.
2. If any new bites are found after treatment, notify the Work Request Office immediately.
3. Hall Director will meet with both roommates to resolve any conflicts due to the pest issues.
4. Follow-up inspections will be done at least twice to ensure complete eradication.

Bed Bug Fact Sheet

Northern Illinois University

- **About the Bug** - Bed bugs are parasites that preferentially feed on humans. In the past decade, bed bugs have made a comeback across the United States. Much of the comeback is due to the removal of DDT previously used by exterminators to control this pest. Such infestations usually are not a reflection of poor hygiene or bad housekeeping, although clutter will provide more places for the bugs to hide.
- **Life Cycle** – Adults are reddish brown, flattened oval and wingless. They are visible to the naked eye, about the size of an apple seed or lentil. Nymphs and adults can live up to 18 months without food (blood). The adult's lifespan may encompass 12-18 months. Three or more generations can occur each year.
- **Habits** - Bed bugs are fast moving insects. They feed mostly at night when their host is asleep. After feeding, they then crawl away to a hiding place to digest the meal. Bed bugs hide during the day in dark, protected sites. They can hide almost anywhere in a room including bedding, carpets, wooden holes and electrical outlets. They usually congregate in groups.
- **Injury** -The bite is normally painless but may cause swelling in some people. Rows of three or more bites are characteristic signs of bed bugs. However, it is extremely difficult to determine an infestation by bites alone. *Bed bugs are not known to transmit disease.*
- **Tell-tale Signs** –A bed bug infestation may be recognized by blood stains from crushed bugs or by rusty (sometimes dark) spots of excrement on sheets and mattresses, bed clothes, and walls.
- **Control Measures** – All reports of potential bed bugs will be treated with respect. A licensed pest controller will work with the resident to provide the best treatment program possible in order to exterminate the pest. Several treatments may be necessary to ensure complete eradication.
- **Prevention** – Bed bugs rely on people to bring them to new locations. It is important to carefully inspect clothing, luggage and furniture. Infested items should be bagged before removal to prevent shedding of the bugs and eggs while being dragged through common areas.

Notice to

Your room has been recently treated for bed bugs. In order to provide the best protection and to help prevent reoccurrence please do the following:

Launder you bed sheets, and clothing and dry for at least 20 minutes. Items that can not be laundered such as shoes should be put in the dryer for 20 minutes if possible.

You will be contacted in two weeks for a re-inspection of your room and possible treatment. If you have bites or find bed bugs before this time please notify the Work Order Desk.

Please read the Bed Bug Fact Sheet. If you have any questions about the Fact Sheet or the chemicals used to treat your room, please call Michele Crase at Environmental Health and Safety, 815-753-9251.