

# Bed Bug Treatment & Prevention

## What are Bed Bugs?

Small insects (adults are about 1/4 inch long) that feed on the blood of humans and animals. Adults are reddish-brown in color and larva or nymphs are a clear-yellowish color, but when they feed, their bodies swell and become bright red. Bed bugs usually feed at night and can go weeks to months without feeding. They nest in close proximity to sleeping and sitting areas.

## Where are Bed Bugs Found?

Bed bugs can be found in many areas, including:

- Your bed, including the headboard, footboard, mattress seams, bed frame, and pillows and pillowcases
- Next to your bed, including nightstands, storage boxes, rugs and dressers
- Furniture, including couches and couch cushions; bookshelves and books; and tables, desks, and chairs
- Walls, including wallpaper; baseboards; electrical outlets and sockets; and door frames and door hinges



## How do I Treat Bed Bugs and Bug Damage?

Contact FD&O at [workcontrol@sjsu.edu](mailto:workcontrol@sjsu.edu) or (408) 924-1990 if you need to report a bed bug concern. There are several methods that can be used to treat bed bugs or bug damage, including:

- Quarantining items that contain bed bugs or bug damage
- Applying heat treatment
- Sealing cracks and crevices to remove hiding places
- Using non-chemical pesticides (such as diatomaceous earth)
- Judicious use of effective chemical pesticides
- Removing clutter where bed bugs can hide
- Vacuuming



## Bed Bug Prevention Tips

- Learn to identify bed bugs. Also be on the lookout for signs of their presence such as blood spots on sheets or an unexplained “rash” on your body.
- Inspect your bed periodically. Check for blood spots on your sheets. Lift bedding and mattress. Check in seams, between bedposts and slats, and behind headboards. Use a flashlight at night.
- Inspect your backpack periodically. Bed bugs can hide in backpacks. Check seams and pouches throughout your backpack for bugs or eggs. Do not place your backpack on or under your bed.
- Clean and reduce the clutter in your room to eliminate places for bed bugs to hide during the day.
- Wash clothes and linens frequently in hot water and dryer to kill any possible bugs.
- Don't bring second-hand furniture items onto campus. They can be common breeding grounds for bed bugs.
- When traveling, take precautions to help prevent bringing bed bugs back to campus with you. Inspect the bed you will be using. Check the room, including behind wall hangings. Don't put your suitcase or backpack directly on your bed; whenever possible, elevate them on a luggage rack.
- Before returning to campus, inspect your clothes and other items before packing. Check crevices in suitcases and backpacks.
- After returning to campus, recheck all traveling gear and items within when you unpack. Don't put your suitcase or backpack on or under your bed.

## References

- EPA: Bed Bugs: [Get Them Out and Keep Them Out](#)
- California Department of Public Health: [Bed Bugs](#)