To Purchase Bed Bug Resistant Items:
http://www.bedbug.com
http://www.mattresssafe.com
http://www.domyownpestcontrol.com
http://www.sternenvironmental.com

WHAT SHOULD I DO…
I THINK I HAVE
BED BUGS!

Don’t panic or be upset!

We will assist you in eliminating this pest from your room through our extermination protocols.

Bed bugs are small, oval, non-flying insects that belong to the insect family Cimicidae, which includes three species that bite people. Adult bed bugs reach 5-7 mm in length, while nymphs (juveniles) are as small as 1.5 mm. Bed bugs have flat bodies and may sometimes be mistaken for ticks or small cockroaches. Bed bugs feed by sucking blood from humans or animals. Adult bed bugs are reddish brown in color, appearing more reddish after feeding on a blood meal. Nymphs are clear in color and appear bright red after feeding. The wings of bed bugs are vestigial, so they cannot fly.

If you would like more information on the reappearance of this problem check out the joint statement from the Center for Disease Control and Environmental Protection Agency at http://www.cdc.gov/nceh/ehs/publications/bed_bugs_cdc-epa_statement.htm

Bed bugs have become a widespread concern in the NYC area and for the SUNY System. Luckily, SUNY Plattsburgh has had limited concerns with bed bugs and when they have occurred we have acted swiftly to contain the concern. Bed bugs are most commonly picked up from public areas like subways, benches and taxi cabs and common use facilities like hotel rooms.

If you think you have seen or been bitten by a bedbug,
YOU SHOULD:

• Immediately contact a representative from the Housing & Residence Life Staff.

1. Your Residence Director
2. The Resident Assistant on your floor
3. The Resident Assistant On-Duty (7pm to 7am)
4. Housing & Residence Life (8-4:30, M-F)

• Make an appointment at Student Health Center. Health care staff will typically not be able to confirm a bite is from a bed bug, but you may request and topical cream to relieve the itching.

• Don’t panic! We have specific protocols that we will follow, as well as ask that you follow the guideline provided in this brochure.

HOUSING & RESIDENCE LIFE WILL:

• Immediately contact our maintenance department where there are staff trained to identify insects.

   If bed bugs are not present after inspection, the room may be treated for regular insects.

   If bed bugs are present, the following steps will be followed by the exterminator that has been contracted by the College to handle this type of incident. The room and all adjacent rooms will be treated to kill live bed bugs. A surface pesticide will be left to kill all bed bugs that might hatch from eggs.

• Work with you to relocate you to another room while your room is being treated. You will be typically relocated for 2-days/ nights.

• Determine the host (e.g., our mattresses are vinyl coated and therefore, very unlikely to harbor bedbugs). Steps are required if you have your own mattress or futon and may mean disposal of either, if the exterminator determines that your personal property is the source.

• Supply plastic bags, gloves and tape.

• Require that you launder any possible repositories for bugs or larvae.

RESIDENTS WILL:

• Cover all electronic items (tv, stereo, computers, etc.) remaining in the room with plastic bags.

• Remove all belongings from on top of and in University furniture.

• Remove all open food in cupboards or seal in ziplock bags.

• Empty all drawers and leave open.

• Bag clothes to be washed. Wash and dry on hot setting all bedding and clothes to be worn or used for the next 7-days. If you don’t wash your clothes, you should at least dry your belongings on hot setting.

• Bag and seal with tape all clothes that can’t be washed for 7-days. This will suffocate any bugs in your clothes.

• Relocate to new room assignment while your room is being treated and prepared for your return. Bring with you toiletries and other necessities.

• If you have your own bed, purchase a bed bug resistant cover available at stores like Bed, Bath and Beyond. This will seal your bed and kill any remaining bed bugs that might hatch.

Please be sure to tell Housing or the Student Health Center if you think there is even the remote possibility that you have seen or been bitten by a bed bug. The only way to contain them is to be sure that we respond to every possible incidence.

Housing & Residence Life (518) 564-3824
Student Health Center (518) 564-2187