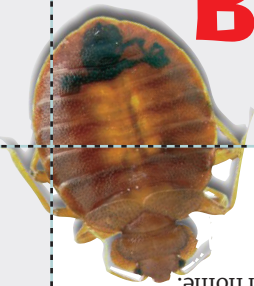
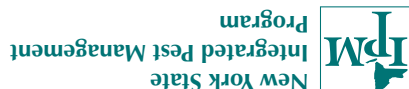


Bed Bugs—what you need to know



travelers' card outside



Bed bugs are found all over the world. They feed only on blood, usually when the lights are out. Their bites may leave a red mark or even welts, but some people don't react. Bed bugs hide in cracks and crevices as narrow as a credit card edge when not feeding. They aren't known to transmit disease—but you don't want to bring them home.

Bed Bugs what travelers need to know

Steps you can take

- Inspect your room before settling in (see inside).
- Use luggage racks set away from the wall—and never set luggage on the bed.
- Put suspect items in sealed plastic bags until you can clean them.
- Dry everything you can on the highest temperature for 60 minutes when you get home. Freeze what can't take the heat for 2 weeks.

For more information: www.nysipm.cornell.edu

1st fold

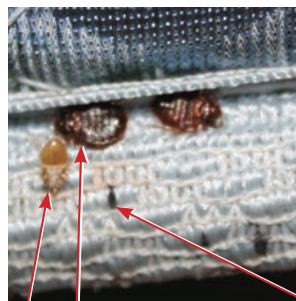
travelers' card inside

Inspecting your hotel room

With a flashlight, look for bugs or blood spots in corners, cracks, and crevices ...

- Behind the headboard (lift off brackets on the wall)
- Along the piping around the mattress, under the sheets.
- Along the edges of the box spring.
- Around joints in bedside tables (including drawers).

Don't use store-bought chemicals to treat bed bugs.



shed skin bed bug on mattress blood spot

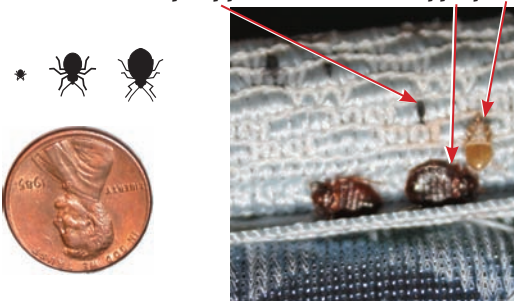
If you find evidence of bed bugs, talk to a manager.

cut away gray edge

2nd fold

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shed skin bed bug on mattress blood spot



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For more information: www.nysipm.cornell.edu

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- With a flashlight, look for bugs or blood spots in corners, cracks, and crevices ...

Inspecting your hostel or dorm room

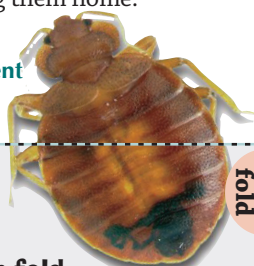
You will end up with 4 cards.



college students' card outside

Directions

First cut each page in half, then fold so that the IPM logo is on the front. Then cut away the gray edge so the card will fit in your wallet.



1st fold

college students' card inside

front

2nd fold

back

cut here first

back

2nd fold

front

cut here first

2nd fold



basics card 1 inside

basics card 1 outside

Bed Bug Resources

If you think you have bed bugs, *inspect before you do anything else*. The resources below will tell you how. Do-it-yourself chemicals can be dangerous and make it even worse by driving bed bugs into other rooms. If you have bed bugs, hire a professional to treat the problem—be sure they come back for a follow-up. It's expensive if done well because bed bugs take time and expertise to get rid of. Once they're gone, it's up to you to avoid bringing more bed bugs into your home.

Well-informed blog: www.bedbugger.com

How to inspect for bed bugs and avoid bringing them home:

www.nysipm.cornell.edu/publications/bed_bugs/files/bed_bug.pdf

www.ca.uky.edu/entomology/entfacts/ef636.asp

www.extension.umn.edu/distribution/housingandclothing/DK1022.html

Don't use store-bought chemicals to treat bed bugs.



New York State
Integrated Pest Management
Program
www.nysipm.cornell.edu

Bed bugs only touch you when they feed. The rest of the time they hide in cracks, crevices, and seams. They come out to feed if you're not moving and the lights are out.

Bed Bug Basics

How big is a bed bug and where are they found?



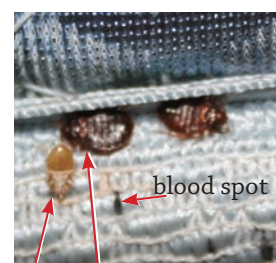
adult bed bug



late instar (immature)



early instar (immature)



shed bed bug on skin mattress

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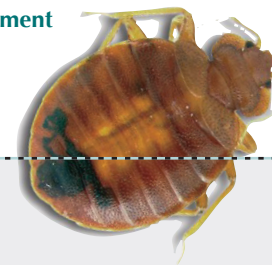
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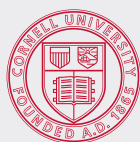


New York State
Integrated Pest Management
Program

www.nysipm.cornell.edu



Don't let the bugs bite!



Cornell University
Cooperative Extension

