## what you need to know

travelers' card inside

With a flashlight, look for bugs or blood spots in corners,

• Along the piping around the mattress, under the sheets.

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

Behind the headboard (lift off brackets on the wall)

• Around joints in bedside tables (including drawers).

Inspecting your hotel room

Along the edges of the box spring.

cracks, and crevices ...

# Rna

travelers' card outside

Program Integrated Pest Management New York State



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

### Bed Bugs what travelers need to know

### Steps you can take

front

2nd

fold

back

cut here

first

back

2nd

fold

front

- 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

take the heat for 2 weeks. stayed in a resort, hostel, or hotel. Freeze what can't

- 60 minutes when you get back from a trip where you ητη ενετητηίng you can on the highest temperature for
- Keep suspect items in plastic bags until you can clean them.
  - that (see inside).
- Inspect your room before moving in and monthly after
  - Be wary of any used furniture.

### Steps You Can Take

# Bed Bugs what college students

need to know 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.



### 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.

### college students' card inside

Around joints in bedside tables (including drawers).

### Inspecting your hostel or dorm room

With a flashlight, look for bugs or blood spots in corners,

cracks, and crevices ...

Along the piping around the mattress, under the sheets.

You will end up with 4 cards.

1st fold

Don't use store-bought chemicals to treat bed bugs. For more intormation: www.nysipm.cornell.edu

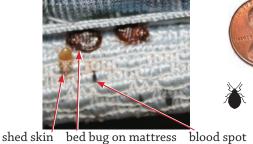
• Along the edges of the box spring.





plood spot

cut here If you find evidence of bed bugs, talk to a manager. first shed skin bed bug on mattress



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





2nd fold

cut away gray edge

New York State **Integrated Pest Management** Program

www.nysipm.cornell.edu

Integrated Pest Management

shed

skin

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

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.

**Integrated Pest Management** 

out to feed if you're not moving and the lights are out.

time they hide in cracks, crevices, and seams. They come

Bed bugs only touch you when they teed. The rest of the

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

adult bed bug

mattress

uo Snq pəq

**Bed Bug Basics** 

**New York State** 

basics card 2 outside

Program

www.nysipm.cornell.edu

1st

10ds poord

late instar (immature)

early instar (immature)

игяз

pəus

basics card 1 outside

New York State

www.nysipm.cornell.edu

**Bed Bug Basics** 

bed bug on

mattress

gud bad tube

εατίγ instar (immature)

ate instar (immature)

Don't let the bugs bite!

fron

2nd

fold

back

cut here

first

back

2nd

fold

front

blood spot

Program



cut away gray edge

### basics card 1 inside

### **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.

### 2nd fold

cut here

first

2nd

fold

### 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.

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

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

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

www.nysipm.cornell.edu/publications/bed\_bugs/files/

How to inspect for bed bugs and avoid bringing

to get rid of. Once they're gone, it's up to you to avoid

if done well because bed bugs take time and expertise

be sure they come back for a follow-up. It's expensive

have bed bugs, hire a protessional to treat the problem—

even worse by driving bed bugs into other rooms. If you

Do-it-yourself chemicals can be dangerous and make it

basics card 2 inside

**Cornell University** 

**Cooperative Extension** 

anything else. The resources below will tell you how.

If you think you have bed bugs, inspect before you do

:әшоң шәңұ

Well-informed blog: www.bedbugger.com

bringing more bed bugs into your home.

Bed Bug Resources

Jbq.gud\_bsd