



## Residence Hall Procedures: BEDBUGS

The Housing and Facilities Services staff at Valley City State University is committed to an effective and efficient response to students who suspect they may have bedbugs.

### BEDBUG PROCEDURE

Bedbugs are a serious community issue, and all students are expected to comply with all instructions given to them within 24 hours once bedbugs have been confirmed within their living space.

#### INITIAL SUSPICION

- Students who suspect bedbugs must immediately contact the Health Services Office (701-845-7212 or [health.services@vcsu.edu](mailto:health.services@vcsu.edu)) OR the Housing Office (701-845-7124 or [housing@vcsu.edu](mailto:housing@vcsu.edu)). Students should contact one of these offices as early in a regular business day as possible to allow the exterminator as much time as possible to respond to the service call.
  - When contacting these offices, the student should provide the following information:
    - Name (first and last).
    - Residence Hall and Room #.
    - How many, if any, roommates.
    - If they have any visible bites.
    - If they have seen any bedbugs.
    - If they have been seen by a doctor.

#### RESPONSE PROCEDURE

- Facilities Services will dispatch an exterminator who will perform a thorough inspection of the room/suite. Only the exterminator can confirm or deny the presence of bedbugs. VCSU cannot confirm bedbugs.
- Students may not deny the exterminator or Facilities Services staff access to their living space (including their bedroom, suite common space, kitchen, bathroom, etc.).

#### ACTIONS TAKEN IF EXTIRMINATOR DOESN'T FIND BEDBUGS

- No further action will be taken.
- Students will be asked to continue monitoring his/her living space, and to notify Housing or Health Services immediately if there are further problems.

#### ACTIONS TAKEN IF EXTIRMINATOR FINDS BEDBUGS IN THE ROOM/SUITE

- Housing will give students a detailed list of instruction for the removal and laundering of their personal items (see "*BEDBUG TREATMENT PREPARATION & EXPECTATIONS*"). Student will be required to clean and bag all clothing, bedding, books, and personal items prior to the treatment.

- The hired exterminator will apply pesticide to locations within the resident's room that may harbor the bugs. A second treatment may be required at the discretion of the exterminator.
- Dry cleaning is the responsibility of the student.

## BEDBUG FAQ

### HOW DO RESIDENTS GET BEDBUGS?

Bedbugs thrive in place with high occupancy, such as hotels. Anyone can pick bedbugs up from a location where they presently exist – someone's apartment, other dorm rooms, movie theatres, etc. Bedbugs are equal opportunity pests – they will infest anyone, anywhere. They are not a sign of poor hygiene or cleanliness.

Bedbugs are not always obvious. They are small, nocturnal insects that live by feeding on blood of humans/other warm-blooded hosts and are generally active only at dawn, with a peak feeding period about an hour before sunrise.

### WHAT DO BEDBUGS LOOK LIKE?

Although they appear indistinguishable from mosquito bites, bedbug bites tend to last for longer periods. Bites may not become immediately visible, and can take up to 9 days to appear. The bites consist of a raised red bump or flat welt, often accompanied by intense itching, and are usually aligned three in a row. The red bump or welts are the result of an allergic reaction to the anesthetic contained in the bedbugs' saliva, which is inserted into the blood of the host.

### DO BEDBUGS CAUSE DISEASES?

There have been no known cases of bedbugs passing diseases from host to host. Extensive testing has been done in laboratory settings that also conclude that bedbugs are unlikely to pass disease from one person to another.

### WHAT HAPPENS WHEN THE EXTIRMINATOR COMES TO A RESIDENT'S ROOM?

If a resident's room or suite is confirmed to have bedbugs, the hired exterminator will come to treat their rooms. Residents will be required to clean and bag all clothing, bedding, books, and personal items prior to the treatment. The treatment will likely consist of a few different approaches:

- A pesticide will be applied to locations within the resident's room that may harbor the bugs.
- The exterminator may place glue boards in the resident's room. These glue boards can be good detectives and show the degree of success of the treatment. If the glue board collects bedbugs after its placement, then another treatment may be warranted. If this is the case, residents should contact the Housing Office as soon as possible.

### WHAT SHOULD THE RESIDENTS DO IF THEY BELIEVE THEY HAVE BEDBUGS?

- Notify the Housing Office or Health Service Office as soon as possible.
- Be prepared to follow the written instructions to the letter and in a timely manner (within 24 hours).

### WHAT SHOULDN'T THE RESIDENTS DO IF THEY BELIEVE THEY HAVE BEDBUGS?

- Don't panic! Although bedbugs can be annoying, they can be battled safely and successfully if residents follow all guidelines given to them by Housing/Health Services and Facilities Services.
- If a resident believes they have bedbugs, they should not wait until after 5pm on Friday to notify someone. It is not possible to get service from the exterminator after hours or on the weekends.
- Residents should not apply pesticides on their own. Facilities Services hire a licensed pest control operator to confirm the infestation and to develop an integrated pest management plan.
- Residents should not move their mattress or any furniture out into the hallway. Infested furniture can be cleaned and treated. Placing infested furniture (particularly mattresses) into common areas or on the street may simply help spread bedbugs to the rooms and suites of other students.
- Residents should not go to sleep in a friend's room or in places off-campus. If a resident actually has bedbugs, they will only spread them to others.

## TRAVELING TIPS

- *Look* at the room to seek *potential hiding places* for bedbugs (carpet edges, mattress seams, pillowcase linings, head boards, wall trim, or any other tiny crack-like places).
- *Never leave clothing* laying on the bed, or any *location of possible infestation*. Use hangers or hooks capable of keeping all cloth distant from the floor or bed.
- Keep any *suitcases* or travel bags *closed*.
- *Elevate luggage* off the floor to tables or chairs.
- Residents should keep any *bedbug* they find (intact if possible to show *Housing and the exterminator*).
- When returning from any travel (especially abroad) take suitcases that have been used to the laundromat and was *ALL items* in HOT water and dry it.