I think I have bed bugs...

Providing you with a healthy living environment is a top priority for the Department of Residential Life. Our staff will do everything to help minimize the impact of this problem on your academic experience.

Quad Information Center’s contact information:
Alumni Quad: 518-442-5870
Colonial Quad: 518-442-5911
Dutch Quad: 518-442-5900
Indian Quad: 518-442-5940
State Quad: 518-442-5920

Apartment Complex Office contact information:
Empire Commons: 518-956-6250
Freedom Quad: 518-442-5830
Liberty Terrace: 518-956-8300

More Information on these pesky little creatures

Bed bugs are found throughout the world and can travel very easily in luggage. For more information on this topic, go to www.bedbuginfo.com

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What are bed bugs?

Bedbugs are small, flat and oval, and at about ¼ of an inch long, are visible if you look for them. They are very resilient and can live for 18 months or longer without feeding. Bedbugs typically come out at night and during the day they hide in dark crevices like bed frames, mattresses, behind picture frames, in piles of clothes that may be hanging around for a while, and in other areas where they would be difficult to detect. Bedbugs are a growing problem because of the increase in worldwide travel and because pesticides are not currently used as widely as they were in the past. They are not uncommon in hotels, hospitals, and even in college residence halls.

While UAlbany has not experienced many problems with bedbugs, it is important that all students are familiar with the issue and what they should do if they suspect they may have bedbugs.

What should I do if I think I may have bed bugs?

The first true sign that bedbugs are present in a residence hall room are when bites appear on a resident and/or residents of the room. It is very important that you take immediate action and understand that University staff will help you address this problem as quickly as possible.

Please follow the steps in this pamphlet to ensure that this issue is taken care of efficiently and effectively.
If you have bites that you think are bed bugs, please do the following:

1. Immediately report this to your Quad Information Center (QIC) (Contact information is listed on the back)

Residential Life staff has been trained to respond to this problem and will immediately call in a licensed pest control agent from the University who will determine if bed bugs are actually the source of the bites. Once the extent of the bedbug infestation is determined, the University may call in an outside pest control agent contractor who will establish the best plan of action.

If it is determined that you have bed bugs, or if there is sufficient reason to believe that your room has bedbugs, you will be asked to do the following:

- **Bag and wash all of your bedding and clothing in hot water.** Washing in hot water and drying in the hot dryer will ensure that bed bugs are totally removed. Residential Life staff will supply you with the bags and arrange for you to have access to the laundry room. Please note that certain things that cannot be washed can be placed in a dryer at the high setting for 30 minutes. Once laundering is completed, items should be stored in a clean plastic bag. Discard the bags used to move your belongings to the laundry room.

- **Remove any clutter that may be present in your room, such as piles of papers and books, etc.** Discard any unneeded items in supplied garbage bags for trash removal. It is important that items are removed in the correct fashion so that the problem is not inadvertently spread into the halls or other areas.

- **Typically all items in your room can be cleaned.** There should be no need to throw out anything of value. If you do lose any belongings, it is recommended that you go through your homeowner’s insurance/rental insurance to make a claim. The University is not liable for any loss of personal property.

2. Treat bites as you would any insect bite.

- Though the itching of bed bug bites may last longer than other insect bites (up to 2 weeks though usually no more than 7 days) just like other bites the severity and duration varies from person to person.

- To relieve itching use an antihistamine (such as Benadryl) or apply a topical steroid cream (available over the counter)

- If concerned about a secondary bacterial infection (spreading redness, pain in addition to itching or fever) seek medical care.

- Health Center appointments can be made by calling 518-442-5229 during regular Health Center Hours or online at [http://www.albany.edu/health_center/](http://www.albany.edu/health_center/)

**What will the Pest Control Technician Do?**

- With the above tasks complete, the pest control technician can perform a detailed inspection of the mattress and bed frame and other nesting sites in the area.

- The technician may decide to use a special vacuum cleaner equipped with a HEPA filter to physically remove any visible bed bugs. The technician may then apply a pesticide into cracks and crevices where these pests are known to nest.

- The mattress will be replaced by the University and the bed frame will be treated with a pesticide. Sequential follow-up treatments may be required because every single bed bug may not be found and treated during the initial visit.