

Yale University
Bed Bug Response Protocol
Revision Date: April 2016

Initial Steps for Occupants

- ☐ Immediately notify your facilities representative upon the first observation of bed bugs or evidence of bed bugs 203-432-6888
- ☐ Try to identify potential source items for Bed Bugs (luggage from trip, used furniture, etc.)
- ☐ Remove all clothing and items from the floor of the room and place in a plastic bags (call Yale Custodial Services at 203-432-6888 for bags if needed).
- ☐ Wash and Dry all clothing on the floor for 20 to 30 minutes on a high temperature setting
- ☐ Wash and dry bedding and linens
- ☐ When possible move all beds within the room at least 6 inches away from walls
- ☐ Inspect items within the room, including inside drawers and closets for the presence of Bed Bugs (Attachment A)
- ☐ Remain vigilant for the presence of Bed Bugs and immediately report any new findings

Do not remove anything from your space unless it is encapsulated in plastic bags and approved by Housing or Facilities.

Initial Steps for Facilities Representative

- ☐ Contact Pest Control vendor for immediate action
- ☐ Notify occupants and Yale overseeing department once Bed Bugs have been confirmed, with instructions for immediate reporting of any additional pest findings.
- ☐ In conjunction with occupants and Pest Control vendor, vacuum all floors in the room with a canister vacuum
- ☐ Check back at least every 10 days with occupants to gauge effectiveness of the Pest Control actions
- ☐ Continue to communicate with Pest Control vendor and occupants until the incident has been resolved.

Steps for Pest Control Experts

- ☐ Verify the presence of Bed Bugs (or other pest)
- ☐ Examine and treat all adjacent rooms (on sides, above and below) for the presence of Bed Bugs
- ☐ Identify entry points or potential Bed Bug locations

- ☐ Move and inspect mattress and box spring from the bed including any underlayment used between the mattress and box spring/frame
- ☐ Vacuum all seams around mattress and box spring with a vacuum attachment crevice tool
- ☐ Vacuum all cracks and crevices of headboard, baseboard and frame or bed with the vacuum attachment crevice tool
- ☐ Encapsulate mattresses and box spring with sealed zippered cover (if applicable)
- ☐ Place interceptor traps below the legs of all beds in the room. Place Cimexa or other silica based Bed Bugs non-toxic powdered treatment within the traps.
- ☐ Place interceptor traps below the legs of all beds in adjacent room. Place Cimexa or other silica based Bed Bugs non-toxic powdered treatment within the traps.
- ☐ Vacuum all penetrations, cracks and crevices around the room perimeter with the vacuum attachment crevice tool
- ☐ Apply Cimexa or other silica based Bed Bugs non-toxic powdered treatment in all penetrations and cracks around the room
- ☐ Seal and caulk any significant cracks and crevices found in the room
- ☐ Return periodically (first return visit within 2 to 3 days, 2nd visit at 10 days and each subsequent visit at least every 10 days) or when notified of additional findings to examine the effectiveness of control measures.

Contributions:

Office of Environmental Safety & Health

Office of Facilities

Yale Housing – Graduate Housing Office

Dr. Gayle Ridge – Epidemiologist, State of Connecticut - Department of Entomology

Attachment A

Bed Bug Description

Introduction

Bed bugs (*Cimex lectularius* Linnaeus) are small, blood-feeding parasites that have co-existed with humans for millennia. Although not recognized as disease carriers, bed bugs are unpleasant pests that can cause physical discomfort and emotional distress to human hosts. While their presence is unrelated to personal hygiene habits or cleanliness, they have been widely publicized in the press and carry significant negative stigma.

Biology

Unfed adult bed bugs are approximately 3mm in length, and are chestnut brown in color, and oval and flat in shape. The Connecticut Agricultural Experiment Station provides several good photographs of this parasite

(http://www.ct.gov/caes/lib/caes/documents/bed_bugs/2012/how_to_deal_english.pdf)

Bed bugs require a blood meal to grow and reproduce. After mating, female bed bugs lay eggs, which hatch in about ten days. Under normal conditions, they require 5 to 8 weeks to develop into adults.

Bed bugs are temperature sensitive, becoming less active as temperatures drop below about 60F. Bed bugs hide in cracks and crevices during the day, usually close to where people sleep. They feed at night, usually within 15 minutes. They leave behind brown spots on linens and sheets, which, along with actual bites, are often the most visible evidence of an infestation. Although not associated with disease transmission, bites from bed bugs may cause allergic skin reactions and secondary bacterial infections from scratching. Their bites generally cause itchy red marks.

Typical Signs of Infestation

The typical signs of a bed bug infestation are small red, itchy bite marks on the extremities (especially the legs), brown spots on sheets and other light colored linen, and the actual presence of bed bugs. Residents should be vigilant in checking the seams of mattresses, bedding, clothing and luggage for any signs of bed bugs.

Treatment Options

Recently, Yale University hosted a conference with the State of Connecticut, Department of Agriculture, and Connecticut Coalition Against Bed Bugs (CCABB). Dr. Gayle Ridge presented new information on the treatment of bed bugs. While bedding and clothes should continue to be washed and dried in hot temperatures, a new treatment of the space with Silica Dust is now the preferred method. Laboratory test have shown full eradication of the insect to be 100% using this method.

Heat Box Treatment

Yale Housing has portable heat boxes available that allow individuals to place personal items into them as a preventive measure. Heat boxes have a high temperature that would kill any insects that may be present. Anyone interested in using this device should contact our housing office, at 203-432-2167 or housing@yale.edu