

WHAT CAN I DO TO HELP?



- Inspect your backpack periodically. Bed bugs can hide in backpacks. Check seams and pouches for bugs or eggs. Do not place your backpack on or under your bed.
- Clean and reduce the clutter in your room to eliminate places for bedbugs to hide during the day.
- Wash clothes and linens frequently in hot water and dryer to kill any possible bugs.
- Remember, Housing and Residential Life does not allow bringing any used/second-hand furniture into the residence halls or apartments.
- When traveling, take precautions to help prevent bringing bedbugs back to campus with you. In hotels, don't put your suitcase or other bags directly on your bed. If possible, elevate them on a luggage rack or place a plastic bag under your suitcase.
- Before returning to campus, inspect your clothes and other items before packing. Check crevices in suitcases and backpacks.
- After returning to campus, recheck all traveling gear and items within when you unpack. Don't put your suitcase or backpack on or under your bed.
- Any new clothes (including those purchased second-hand at a thrift store), should be washed in hot water and dried before going into your room. If you are unable to do this right away, you can leave the clothes in a tightly tied plastic bag until you can wash and dry the items.

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UNIVERSITY OF SOUTH CAROLINA UPSTATE
HOUSING AND RESIDENTIAL LIFE

BED BUG INFORMATION



UPSTATE

Housing and Residential Life

WHAT IS A BED BUG?

- Adult bed bugs are approximately the size of an apple seed.
- Generally active between 3 - 8 a.m.
- They are very small and have a wingless oval-shaped flat body. They look like ticks.
- They do not transmit diseases



HOW DO BED BUGS GET INTO A ROOM?

Bed bugs are hitchhikers. They must be introduced into an environment. They can travel from place to place on personal belongings like luggage, backpacks, furniture, boxes, and clothing that have been exposed to bed bugs in another location like airports, hotels, and movie theaters.



ARE BED BUGS DANGEROUS?

Although they are a nuisance, they are not known to spread disease. Typically, no treatment is required for bed bug bites. If itching is severe, steroid creams or oral antihistamines may be used for symptom relief. However, if you are concerned about insect bites, you can call **USC Upstate Health Services** at 864-503-5191 or at www.uscupstate.edu/onlinescheduling

WHERE DO BED BUGS LIVE?

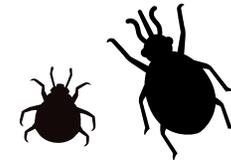
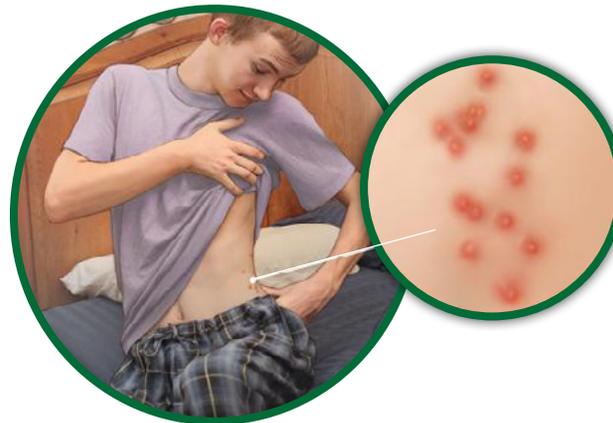
Bed bugs tend to live in very small spaces, such as: Seams of mattresses, behind bed headboards and bed frames, in cracks and crevasses of walls and baseboards, in electrical outlets, in furniture and drawers, and in seams of curtains that touch the floor.



BED BUG BITES:

Typically, bed bugs are detected by the presence of bites. Bites can occur anywhere on the body but are most prevalent on the upper body (arms, shoulders, and neck) or lower area (calf). Not all people react to bed bug bites, however, in many people, the bite will appear as a welt or rash. The bites may appear indistinguishable from other insect bites though they tend to last for longer periods. The bites tend to not have a red dot in the center such as is characteristic of flea bites. Like flea bites, there is a tendency toward arrangements of sequential bites. You might also see small bloodstains from crushed insects or see dark spots associated with their presence on your sheets.

The presence of bed bugs in a residence hall room will be verified by an independent third party environmental specialist before treatment will take place. Health care providers, the internet, or other outside parties cannot confirm or deny the presence of bed bugs.



WHAT SHOULD I DO IF I THINK I HAVE BED BUGS:

- Notify your RA, the front desk staff, submit a work order, or visit the Housing and Residential Life office.
- Be available to answer questions from a professional staff member as well as with our environmental specialist.
- Your room will be inspected, including your mattress. You be asked to remove linen off your mattress for inspection. It is likely that sticky boards will be left under your bed and in other areas. Please do not disturb the boards.
- If bed bugs are detected, an outside pest control company will be contacted to treat your room. They may elect to chemically treat or use a heat treatment on your suite/apartment. We will follow the recommendation of the pest control company.
- You will be provided bags to place all of your clothing, bed linens, curtains, etc. into. A staff member, from Housing and Residential Life, will provide you a location to treat all items in a dryer. You will need to follow their instructions exactly as they present them to you to avoid a recontamination. You will also be provided an instruction sheet to follow.
- The pest control company will treat your room and furniture. They will likely remove the baseboards from your room in order to treat behind walls.
- You will need to be prepared to be out of your room for, at minimum, four hours but potentially up to eight hours.

Our policy is not to move affected students to temporary spaces. While we acknowledge that co-existing with the pests, however temporary, can be unpleasant, transferring affected students would mean spreading the infestation. Contact the **Office of Housing and Residential Life** at 864-503-5422 if you have additional questions.