

BED BUGS

Bed bugs are parasitic insects that feed on the blood of people and animals during sleep, but are NOT considered to be medical or public health hazards. These insects have not been found to spread disease.

Traditionally bed bugs have been problematic in developing countries, but recently have been spreading rapidly throughout the United States, Canada, the United Kingdom, and other parts of Europe. They tend to be found near areas where people sleep, including hotels (even 5-star resorts!), cruise ships, apartments, dorms, buses, trains, and other areas where a large number of people may sleep.

Signs of bed bugs include:

- Bite marks on the face, neck, arms, hands, or other body parts while sleeping. These marks tend to develop 1-14 days after being bitten.
- Bed bug exoskeletons after molting,
- Bed bugs found in mattress and sheet folds,
- Rusty-colored blood spots due to blood-filled fecal material excreted by bed bugs on the mattress or nearby furniture,
- Sweet musty odor.

Treatment Options:

For the majority of people, bed bugs are not a serious medical threat. In the majority of cases, the following steps are all that is needed.

- Do not scratch the bites. Scratching increases the risk for infection.
- Apply an antiseptic cream or lotion to the bites.
- Take an over-the-counter antihistamine such as Benadryl, Zyrtec, or Claritin as needed to help with itching.

Seek medical care if you experience any of the following:

- Enlarged bite marks
- Pain and/or swelling at the site
- Severe allergic reaction (anaphylaxis) **This is a medical emergency—call for emergency help by dialing 911.**

If you suspect you have bed bugs:

- Dorms: notify your RA or area Housing Office
- Off-campus: notify your landlord

Additional information can be found at these sites:

- CDC: <http://www.cdc.gov/parasites/bedbugs/faqs.html> ; <http://www.cdc.gov/parasites/bedbugs/biology.html>
- NIH: <http://www.nlm.nih.gov/medlineplus/bedbugs.html>

Test Results and Advice Nurse

Please call the nurse for test results and advice: 863-4463

Appointments

Appointments can be made online via the UHS website, by phone or in person. If you are unable to keep your appointment, please call and cancel. Otherwise you will be charged for the visit.

To schedule or cancel appointments call 863-0774 or schedule your appointment online through the UHS website

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