

Who to Contact if Evidence of Bed Bugs is Found

Government Buildings: Work orders can be placed through the Digital Garrison App or online registration portal at:

<https://www.armymaintenance.com/arma>

Barracks Buildings:

- ◇ Submit a work order through your barracks NCO
- ◇ **DO NOT** try to handle bed bugs on your own. NCO.
- ◇ **DO NOT** move to another room without permission from DPW Pest Control staff! This will only transfer bed bugs to the next room. Pest Control will provide guidance on proper steps to take prior to moving. Once treatment process has been completed, Pest Control will let occupant know when they can move back into their room.

On-Post Housing: Work orders are submitted through the Campbell Crossing Maintenance Division at (931) 431-3966 or online at:

<https://winmilitary-reslisting.securecafe.com/residentservices/camb/userlogin.aspx>

Additional Resources

Armed Forces Pest Management Board:
<https://www.acq.osd.mil/eie/afpmb/>

Defense Centers for Public Health:
<https://ph.health.mil/Pages/default.aspx>

U.S. Centers for Disease Control and Prevention:
<https://www.cdc.gov/>

Kentucky Cabinet for Health and Family Services:
https://www.chfs.ky.gov/agencies/dph/dphps/emb/Pages/bed-bugs_archive.aspx

Tennessee Department of Health:
<https://www.tn.gov/health/cedep/environmental/healthy-homes/hh/bed-bugs.html>



Public Health
Prevent. Promote. Protect.
Fort Campbell, KY

Environmental Health

6903 Desert Storm Avenue
Fort Campbell, KY 42223

Phone: 270-412-3990/3979/3980

Email: usarmy.campbell.medcom-bach.list.environmental-health

 **DHA**



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GUIDE TO BED BUGS FOR RESIDENTS OF FORT CAMPBELL



Photo: G. Snodgrass, VID, APHC

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Environmental Health— Department of Public Health (DPH)

PURPOSE

Bed bug infestations are becoming more frequent in recent years, and it is important to react immediately and effectively to prevent them from spreading. Bed bugs are nocturnal, use cryptic harborage, are small, and elusive which can make early identification and control difficult. This guide will assist in understanding their biology and behavior, prevention methods, how to inspect for signs of infestation, steps to take if bed bugs are found, and who to contact for treatment.

IDENTIFICATION and BEHAVIOR

- ◇ Adult bed bugs are flat, oval, about 3/16-1/4 inches long, and reddish-brown in color. Once fed, they will have a more plump appearance.
- ◇ Nymphs look like smaller adults, but are more translucent or yellow-white until fed.
- ◇ Bed bugs need at least one blood meal in each life stage to develop to the next stage and reproduce. Each stage may feed multiple times if a host is readily available. Adult bed bugs may feed every 3-5 days throughout their adult life span. Nymphs can survive 3-4 months and adults several months to a year without a meal.
- ◇ Bed bugs are expert hitchhikers and will travel in luggage, furniture, clothing, etc. During the day, they will hide and at night will travel an average of 5-20 feet to feed, but will travel further when necessary.
- ◇ Bed bugs can void remains of earlier blood meals while still feeding. This produces the rust-colored spots common in bed sheets and in hiding places.

PREVENTION



Due to their ability to hide and go unnoticed, bed bugs can be picked up in many places and end up in your home, especially when traveling.

Travel:

- ◇ Conduct an inspection of the room as soon as you arrive. If evidence is found, notify management and request a different room.
- ◇ Keep luggage off the floor and inspect luggage prior to repacking.
- ◇ Upon returning home, launder all clothing using the highest heat settings for washing and drying. Dry clothes for at least 30 minutes.

Home:

- ◇ Avoid acquiring rental or secondhand furniture. If this cannot be avoided, carefully examine these items before bringing them into your home.
- ◇ Reduce clutter in your home. While a dirty home is not what attracts bed bugs, excessive clutter will provide more hiding places making them harder to detect and control.
- ◇ Vacuum your home frequently.
- ◇ Seal cracks and crevices where bed bugs can hide.



Inspecting for Infestation

Using a flashlight, look for live/dead bed bugs, shed skin, and blood stains.

- ◇ Remove bedding one piece at a time and inspect mattress and box spring paying particular attention to seams.
- ◇ Thoroughly check around the bed frame and behind the headboard.
- ◇ Look inside drawers and all around night tables, dressers, and desks.
- ◇ Check couches and chairs around zippers, seams, and cushions.
- ◇ Open curtains slowly and check each fold.
- ◇ Look in cracks and crevices of baseboards and behind pictures or other wall hangings.

If Bed Bugs are Found

- ◇ Launder all bedding and clothing.
- ◇ If items need to be transported (e.g. laundromat or laundry facility located in a separate part of a building), seal items in a plastic bag to contain bugs during transport. Dispose of bags in an outside trashcan.
- ◇ Once laundered, DO NOT take items back into home until treated.
- ◇ Vacuum your floors, mattress, box-spring, bed frame, and other fabric-covered furniture. Use a crevice attachment to reach any cracks and crevices bed bugs may hide. Dispose of vacuumed contents in a sealed bag in an outdoor trash can.