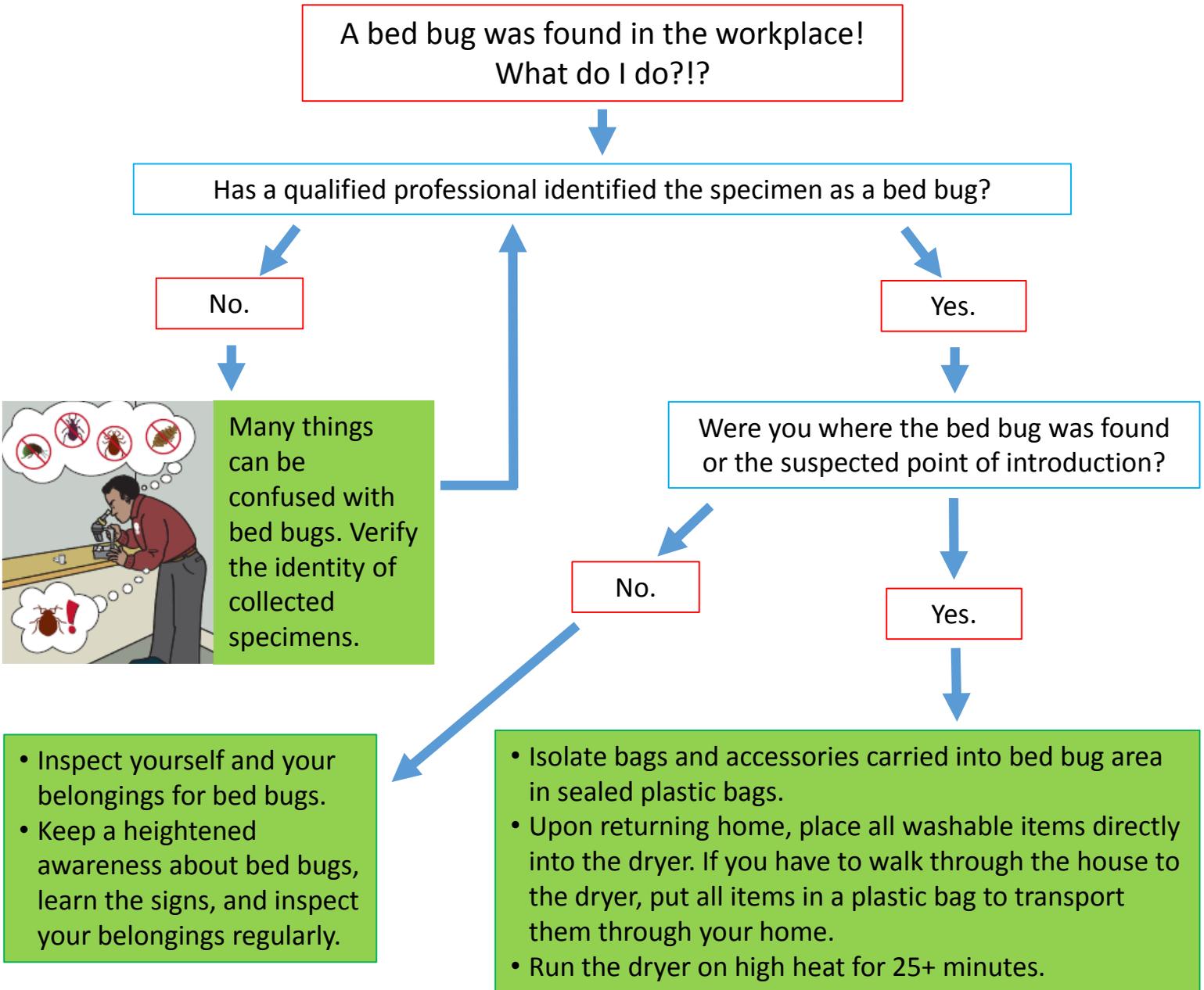


# Steps to Avoiding Bed Bugs in the Workplace

Bed bugs introductions can occur when a bed bug is transferred from an infested area to a new location on someone's belongings. Infestations in office buildings are highly unlikely because there are no sleeping facilities. The risk of transferring an introduced adult female bed bug with fertile eggs from the office to your home is very low, but still possible.

If you work in an office with occasional bed bug introductions, isolate items you bring to and from work in sealable plastic bags or containers. Transport only what you need.



## The more you know:

- Only adult female bed bugs are able to begin an infestation. They are highly visible.
- Heating items over 125°F is the most reliable way to kill bed bugs!

## Don't:

- Panic. One bed bug is an introduction, not an infestation.
- Insist upon pesticide sprays in the building. Pesticides are often unnecessary in an office situation and may not be effective.

For additional information, including detailed instructions on conducting inspections and using a dryer to treat for bed bugs, visit:

[www.nysipm.cornell.edu/whats\\_bugging\\_you/bed\\_bugs](http://www.nysipm.cornell.edu/whats_bugging_you/bed_bugs)

