

In This Issue

- [Bed Bugs](#)
- [PMU Focus – Avoiding Bed Bugs](#)
- [Upcoming Training Opportunities](#)
- [PMU Proposed Schedule](#)
- [Learn More From IFAS](#)

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Online Training Available

<https://pmu.ifas.ufl.edu/>
<https://eces.ifas.ufl.edu/>

Additional Resources

University of Florida
Extension Publications
<http://edis.ifas.ufl.edu/>

Pest Management in and
Around Structures
<http://www.eXtension.org/>

Bed Bugs

By Mike Bentley



Figure 1. Adult bed bug feeding. Photo: J. Smith, University of Florida.

A national survey by the [National Pest Management Association](#) showed that bed bugs are now found in all 50 states, and vary in prevalence across public places including hotels/motels, airports, and restaurants. Thus, the rise in summer travel increases the likelihood of encountering bed bugs. However, summer vacation season does not have to mean bed bug season for educated travelers. This month's article provides travel tips to help you avoid making bed bugs a part of your summer vacation memories.

PMU Focus -Avoiding Bed Bugs

Bed bugs are small, flat blood-feeding ectoparasites of humans that are most active at night (Figure 1). When bed bugs are not feeding, they prefer to hide in small crevices close to where they feed, such as mattresses seams, headboards and bed frames, and furniture. For a more complete review of the biology and behavior of bed bugs, click [here](#).

Although bed bugs can be a challenge to avoid, the likelihood of bringing bed bugs home can be reduced by following these simple steps.

Before you leave

- Be able to identify the signs of bed bugs before you travel
 - o Be able to identify [bed bugs](#)
 - o Be able to recognize bed bug fecal spots (Figure

2)

- Pack a flashlight to help you with inspecting your room or use the flashlight app on your smartphone. Economical LED flashlights are readily available online or in stores. One-hundred lumens is plenty of light.



Figure 2. Adult bed bugs and fecal spots (indicated by arrow). Photo: UF/IFAS.

When you arrive

- Before unpacking, place luggage in bathroom and inspect your room(s)
 - o Be sure to flip the bed skirt and check the box spring, then mattress seams, check headboard, chair cushions and seams, luggage racks and drawers
- Pull back sheets on bed to inspect mattress
- Do not place luggage on uninspected upholstered surfaces such as furniture or bed, use luggage racks that have been inspected
- If pests are spotted notify management and change rooms/properties immediately
 - o Make sure new room is not adjacent to old room

When you return

- When you return home inspect your luggage and vacuum suitcase before bringing luggage inside
- Wash all clothes in hot water immediately

If you do happen to return from travel with bed bugs, contact a pest management professional to eliminate the pest if has become an infestation (i.e., adults and nymphs). Click [here](#) for a list of things NOT to do if you encounter bed bugs in your home. Interested in more? One CEU for only \$10, [Bed Bug Basics](#).

Upcoming Training Opportunities:

If you plan on taking the [State Certified Operator examination](#) through PMU, you must take both the Foundations and Masters courses. These courses are open at the website:

<https://pmu.ifas.ufl.edu/courses>. State examinations will be held on Friday, 1 PM, after the completion of the Masters courses. Click [here](#) for Masters courses.

Application packets are due to FDACS on **Sept 1**. Please write "PMU" across the top of your application.

These are the last Foundations courses for 2015!

Foundations of Termite Management 101

Date: Sept 16-18, 2015; Wed-Fri

Time: 8 AM-5 PM (W, TH); 8 AM-12 PM (F)

Place: UF/IFAS Apopka MREC, 2725 S. Binion Rd, Apopka, FL 32703-8504

Registration fee: \$375

Learn how termites exploit over 50 building construction elements and how to treat them in a hands-on environment in 2-days instead of 2 years.

- Practice doing a DACS vehicle inspection and spill drill with Paul Mitola from DACS before a crisis occurs.
- Hear about the top 10 reasons technicians get in trouble and how to avoid them from Mark Ruff, industry attorney.
- Get more in-depth information on termite biology and behavior as well as product label navigation.

[Register here](#)

Foundations of L&O 101 NEW! (Please consider taking the new L&O Masters, Dec 2-4!)

Date: Sept 23-25, 2015; Wed-Fri

Time: 8 AM-5 PM (W, TH); 8 AM-12 PM (F)

Place: UF/IFAS Apopka MREC, 2725 S. Binion Rd, Apopka, FL 32703-8504

Registration fee: \$375

- Learn about the general Florida licensing requirements for technicians and sales staff.
- Be able to pass DACS vehicle inspections, practice doing a spill drill, and learn the best ways to minimize risks before, during, and after an application.
- Learn to identify diseases, insects, and weeds in lawns and ornamentals and best management practices for their control.
- Gain hands on experience reading and understanding pesticide labels, calculating treatment areas, and calibrating application equipment for lawns, shrubs, and

other ornamental plants.

[Register here](#)

Foundations of General Pest Management 101

Date: Sept 30 – Oct 2, 2015; Wed-Fri

Time: 8 AM-5 PM (W, TH); 8 AM-12 PM (F)

Place: UF/IFAS Apopka MREC, 2725 S. Binion Rd, Apopka, FL 32703-8504

Registration fee: \$375

Pest control matters. Cockroach allergen mitigation can be achieved with IPM.

- Study domestic and peridomestic cockroach species and how to control them as well as rodent, small fly, filth fly, fire ant and nuisance ant management.
- Review the labels of commonly used GHP products, practice pest inspections at PMU's house and develop treatment strategies focused on IPM.
- Do a vehicle inspection and spill drill with Paul Mitola from DACS.

[Register here](#)

Click on "Register here" for course descriptions or go to <http://pmu.ifas.ufl.edu/courses> for more information

Learn more from IFAS



- UF/IFAS has Extension Offices in each of Florida's sixty-seven counties. We also have twelve Research and Education Centers (RECs) and Research and Demonstration Sites (RDSs).
- If you need help a great place to start is your local County Extension Office. With an office located in every county it has never been easier to partner with the University of Florida and your local County Government. To find an office near you please visit:
<http://solutionsforyourlife.ufl.edu/map/>

