

IN THE EVENT OF AN INFESTATION YOU MUST ACT QUICKLY!

Mechanical methods

Bed bugs multiply extremely quickly! Mechanical control (i.e. without insecticide) is essential to minimise the number of insects in the home.

The following methods can be combined :

- Infested laundry should be washed at least at 60° C.
- Linen and small items can be frozen at -20° C for at least 72 hours.
- Nooks and upholstery can be steam cleaned at 100° C.
- Bed bugs and their eggs can be vacuumed away. The bag of the vacuum cleaner should be changed immediately afterwards and thrown in the bin in a sealed plastic bag.
- All objects that are infested and thrown away must be in hermetically sealed plastic bags.
- Non-infested and cleaned linen and items may be placed in hermetically sealed plastic bags to prevent recontamination.

Chemical methods

Chemical control (with insecticides) requires the intervention of **an authorised pest control professional**.

They will have to come twice in order to eradicate the eggs. The eggs are less sensitive to insecticides and resistant to the first application.

Practical advice on bed bug diagnostics and finding a pest controller can be found on the ARS Paca website.

HOW CAN YOU PROTECT YOURSELF?



Bed bugs affect all types of homes. Cleanliness alone does not guarantee protection against infestation.

A few simple actions can, however, help to protect you:

- Keep the home clean and free from unnecessary clutter.
- Vacuum regularly.
- Avoid buying used clothes, upholstered furniture or mattresses (especially in the street) as they can be infested with bed bugs.
- Monitor the appearance of any suspected bites.

Be careful when you move!

Hotels, hostels, night trains, etc. are places which are at risk of contamination by bed bugs.

To prevent infesting your home when returning from a risky stay: wash your laundry at over 60° C and disinsect your bag (anti-cockroach insecticide on the seams and closures, if you cannot wash and scrub them).

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> Prévenir
> Santé environnement
> Espèces nuisibles et envahissantes
> Punaises de lits

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Bed BUGS

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Agence Régionale de Santé
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WHAT

ARE THEY?



Adult bed bugs are between 4 and 7 mm in size. They do not fly and do not jump. They are brown to beige in colour, very flat, and look slightly like confetti. They can live from 6 to 12 months. A female lays 200 to 500 eggs in her life.



Egg and excrement of bed bugs



6 mm
Adult bed bug

- **Bed bugs do not like light, they feed on human blood and rarely bite animals.**
- They bite every 3-4 days if the house is occupied.
- They can remain without eating for 6 to 12 months if the house is empty.

HOW DO

THEY SPREAD?



Housing can be infested by **passive transport** (by humans, by suitcases, by recovered or used clothing, furniture and mattresses).

Bed bugs can also **move themselves** from a few meters to a few tens of meters when they are looking for a blood meal.

WHAT ARE

THE SIGNS?

- **Bed bugs do not transmit diseases to humans**
- but do cause a nuisance.
- They can cause sleep disturbances, anxiety, social isolation, etc.

Bites are the first indication of presence of the bugs. Generally located on exposed parts of the body (hands, arms, face, legs, etc.), they resemble mosquito bites, sometimes appearing in lines of 4 to 5 characteristic bites.

The itching caused by these bites can be significant.



Young bed bug



Bed bug bites

WHERE DO

THEY LIVE?



- Bed bugs prefer to live **in bedrooms and lounges with sofas**, places of rest for their hosts (ourselves) and good hiding places (mattresses, folds of fabrics, etc.).

When the population becomes large, they disperse to other rooms or apartments.



HOW DO YOU

SPOT THEM?



Bed bugs are difficult to observe because they flee natural and artificial light.

We can find the **traces of their droppings** (black, from 1 to 3 mm and impregnating the fabric) or **traces of blood** (on the sheets, due to crushing of the bugs during sleep).

The locations of bites on the body can determine the parts of the house infested by bed bugs.



Wooden slat with droppings and eggs



Adult bed bug on a mattress

For example, if only the left arm is bitten, search for them on the corresponding side of the bed.

- To formally identify the presence of bed bugs in a home, request an **entomological diagnosis**
- from a pest control professional who knows the biology of bed bugs.

