WHAT TREATMENTS ARE AVAILABLE?
Act quickly and notify your landlord, caretaker or managing agent to quickly limit the spread.

1 — Use of machines

This is mandatory in the event of infestation.
- Vacuum all affected areas, close and dispose of the vacuum cleaner bag immediately and clean the vacuum cleaner, especially if you are using a bagless vacuum cleaner.
- Wash all linen in the affected room at +60°C. Preferably dry in a tumble dryer at a high temperature.
- Freeze anything that cannot be washed at -20°C for 72 hours.

2 — Use of chemicals

- In the event of a mass infestation, it is advisable to use a private pest control professional.
- Three cleans are necessary, as well as treatment using two different chemical molecules.
- After treatment, check your body for the absence of bites.
- A powerful steam device could be used, passing it methodically over bedding, skirting boards, etc.
- Keep all washed or frozen clothes in tied bin bags until the end of the disinfestation procedure.

CHOOSING A PROFESSIONAL

They must:
- Offer to carry out the disinfestation treatment three times, at least 10 days apart (using different products each time).
- They may use bed bug detection dogs.
- Provide disinfestation protocol.
- Inspect all rooms in the accommodation.
- Give advice on machines to use.
- Tell you that you must leave the apartment for at least 4 hours and air it when you return.

Don’t feel embarrassed and speak to your landlord, managing agent, or caretaker about it!

For more information:
www.sante.marseille.fr
www.sante.gouv.fr
www.paco.ars.sante.fr
WHAT DOES A BEDBUG LOOK LIKE?
It resembles an apple pip. It measures between 4 mm and 7 mm, and does not like the light. It does not jump or fly, but can move and spread easily from one home to another.

DIET
It mainly feeds on human blood but can go without food for up to 1 year.

REPRODUCTION
In her lifetime, a female lays more than 500 eggs which will go through 5 stages of development.

SPREAD
Travel, books, kits, bags, vehicles, computers, second-hand items, clothes, suitcases, etc.

ITS HABITAT
The bedroom but can be found in other rooms of the house.

WHERE IT HIDES
It likes to hide in mattresses and bed frames but also in every nook and cranny, cracks, electric sockets, skirting boards, etc.

DÉTECTION
• Through their excrement and blood stains
• Through bites at night, with different reactions depending on the person
• With a bed bug detection dog or through active or passive traps

PRACTICAL ADVICE ON HOW TO PROTECT YOURSELF
These parasites can infest all kind of accommodation. Cleanliness is not enough to ensure your protection.

To prevent an infestation:
• Keep the accommodation clean
• Vacuum regularly or even better, use a powerful steam cleaner
• Avoid collecting mattresses and sofas from the street
• Thoroughly inspect second-hand furniture, books and other items before buying them
• Wash second-hand clothes as recommended

BE VIGILANT DURING TRIPS AND TRAVELS!
• Hotels, youth hostels, public transport, aeroplanes, trains and cinemas are places at risk of bed bug contamination
• When you return from a trip, wash your clothes, even the ones you are wearing, at more than 60°C and freeze anything that cannot be washed for 72 hours at -20°C
• Use crawling insect insecticide in your suitcase

INTERIOR LAYOUT
• Preferably choose polished metal bed posts
• Avoid beds with upholstered frames
• Glue wallpaper back on, where applicable
• Fill in all cracks (in floors, walls, ceilings, door frames, windows, etc.)
• Make sure the electrical sockets are screwed tightly to the wall
• Seal openings where pipes come through.
• Preferably choose to paint walls rather than wallpaper