

## 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 disinfection procedure

## CHOOSING A PROFESSIONAL

### They must :

- Offer to carry out **the disinfection** treatment three times, at least 10 days apart (using different products each time)
- They may use bed bug **detection dogs**.
- Provide disinfection 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](http://www.sante.marseille.fr)  
[www.sante.gouv.fr](http://www.sante.gouv.fr)  
[www.paca.ars.sante.fr](http://www.paca.ars.sante.fr)



# Bed bugs

## Information

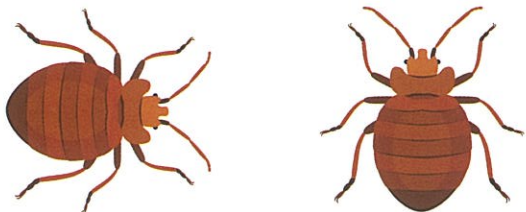


## WHAT DOES A BEDBUG LOOK LIKE?

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

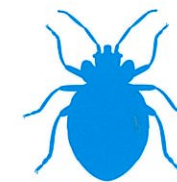
These parasites can infest all kind of accommodation. **Cleanliness** is not enough to ensure your protection.

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 wallpapering

