

➤ HOW LONG DOES IT TAKE TO ERADICATE THE BED BUGS?

That of course depends on how badly you are infested with bed bugs. Several treatments are usually necessary. Ask your pest exterminator. You can support his/her work by following his/her instructions. You will thus reduce the number of treatments necessary and this means your room will be free of bed bugs all the more quickly.

➤ ARE THE INSECTICIDES HARMFUL FOR ME?

The pest exterminator makes exclusive use of approved and tested insecticides. They can nevertheless irritate your respiratory tracts. More serious side-effects are unlikely. The pest exterminator will tell you how long to stay out of your room after the treatment.

➤ DO BED BUGS CARRY DISEASE? No.

➤ WHO PAYS FOR THE PEST CONTROL?

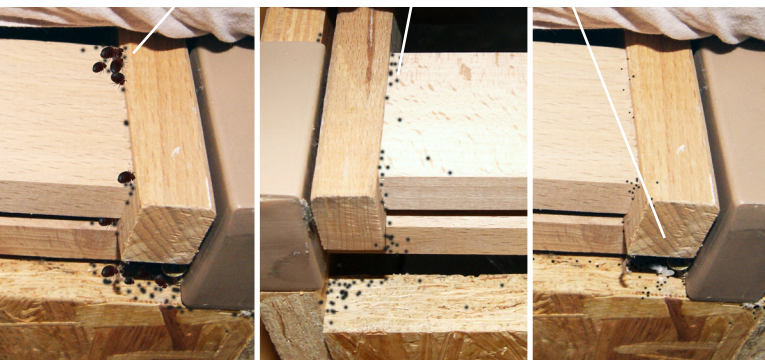
Talk about the measures with the head of the accommodation centre. It is then usually the case in an accommodation centre for asylum seekers that the centre itself pays for the treatment. If you are a tenant in a rented flat, you will normally have to pay for the eradication measures if you cannot prove that the apartment was already infested before you moved in.



Bed bugs

Traces of faeces

Eggs



You think you may have bed bugs. Don't panic. Contact the head of the accommodation centre or the caretaker. He/she will initiate measures and explain to you what will be done and what you should do. The normal practice will be to contact a pest-control company. Talk to the head of the accommodation centre, the caretaker and the pest exterminator about the measures you should adopt. Make sure you adhere to all the safety advice the pest exterminator issues. Do not try to get rid of the bed bugs yourself by cleaning thoroughly with household cleaning agents or buying insecticides yourself.

Bed bugs are small, flat insects between 2 and 8 millimetres long. They feed on blood (by sucking it). They like living where people live.



They are very often brought back with us after we have been travelling. As they search for new places to hide, they move from the bed we sleep in while travelling into our luggage. They then lay eggs and build a new nest. Another possibility is that bed bugs move in with second-hand furniture, mattresses or other objects that we acquire and put in our apartments. The flat animals are very good at hiding themselves in the smallest of cracks.

This is why the head of the accommodation centre will organise professional measures to get rid of the pests. Do not try to cover up the fact that you feel you have bed bugs because you feel ashamed. Having bed bugs is not a sign of poor hygiene. It can happen to anyone. You can support the pest exterminator in his/her work by helping.

Bed bugs



IMPRESSUM

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DISCOVERING BED BUGS

The easiest way is when you discover the bed bugs yourself. You can determine that you have bed bugs even if you cannot see the animals themselves. You may see skin they have shed or their small white glassy eggs. Small black dots are signs of bed bug faeces. But this will only indicate that there have been bed bugs here in the past, and not necessarily that they are still around.

Bed bug bites: bed bugs feed on blood. And to suck blood, they bite humans. You will normally see a track of several bites on your skin that are red and slightly swollen. This may happen immediately or after a few days. The bites can vary considerably in appearance. Some people have no reaction to the bites, others may suffer severe allergic reactions to them. And these bites could also be from other insects.

Have a look in corners, behind furniture and under your mattress. Make a list of where the animals are. These are some of the common places you will find bed bugs:

Framework of the bed	Sockets	Sofas
Mattresses	Rear panels of cupboards	Armchairs
Blankets/quilts	boards	Cushions
Clothes	Bases of cupboards	Carpets/rugs
Suitcases	Shelves	Prayer mats
Backpacks	Linen baskets	Picture frames
Skirting boards	Wardrobes	Cuddly toys

Do not do anything dangerous while trying to find the bed bugs. Do not unscrew sockets or any electrical appliances/installations by yourself. That is something the pest exterminator will take care of.



ERADICATION

DEEP-FREEZING

Freeze as many small objects and even clothes as you can for three days at -18 °C. Alternatively you can put the material in a sauna for one hour at 50 °C. This is how you can avoid using insecticides.

VACUUMING

Vacuum up the bed bugs with a vacuum cleaner. Every time you use a vacuum cleaner to do this, you must change the vacuum bag. It must be deep-frozen overnight, tightly shut in a plastic bag. Vacuum cleaners without bags are not suitable for this procedure.

CLEANING

The pest exterminator will fight the bed bugs with special insecticides. Do not wipe them away. These agents have a long-term effect. Ask the pest exterminator when you can give the room/apartment a thorough clean again. In the meantime, just clean surfaces you use and points of contact and keep babies and small children in rooms that have not been treated.

NO FURNITURE INTO OTHER ROOMS

Do not move any objects or furniture from one room into another. This would give the bed bugs the chance to spread. Do not remove any objects that are infested with bed bugs from the room or apartment without talking to someone in authority and without the objects being treated for infestation. This is a way for the pests to spread further. If you simply moved with the objects that have been infested, the bed bugs would stay in the old room and would also move into your new apartment.

Talk to the head of the accommodation centre and the pest exterminator to decide which heavily infested pieces of furniture (sofas, mattresses, bedding) should be disposed of after treatment. Pieces of furniture to be disposed of should be wrapped and sealed tightly in cellophane to ensure that any surviving insects do not infest further objects and premises.



SLEEPING IN TREATED ROOMS

If your (new) mattress has been treated and is definitely free of bed bugs and eggs, you can position it in the middle of the bedroom. At a distance of 50 cm from the mattress stick double-sided sticky tape on the floor leaving no gaps. Sleep in the treated room. This will tempt any remaining bed bugs out of their nest and the insecticides will still be able to have an effect on them. Besides, this will also stop the bed bugs from wandering off into adjacent rooms to look for food.

TELL THE OTHER OCCUPANTS

If you have discovered you have bed bugs in your room and have also reported the incident, you should also tell any visitors you have of the problem. Any visitors you have should not leave any luggage, bedding or furniture in your room. This will stop the bed bugs being transported into other rooms, apartments or accommodation centres.

FOLLOW-UP

MAKE REGULAR CHECKS

Regular thorough checks both by you and the pest exterminator are of great importance for successful pest control.

- Mark old traces of the bed bugs' faeces on the surfaces and slatted frames. Then you will easily be able to identify any new traces.
- Make specific checks for living bed bugs or other animals.
- Check your skin for any signs of small bites.
- Check your bed for traces of blood from bites.
- Tell the head of the accommodation centre or the caretaker immediately if you find any living animals or new traces.

PREVENTION

- Always check your luggage thoroughly.
- If you buy second-hand furniture or other objects, please first check for any signs of bed bugs.
- Do not bring with you any second-hand furniture from the roadside or rubbish collection