

**STOP
BEDBUGS!**



RÉPUBLIQUE
FRANÇAISE

*Liberté
Égalité
Fraternité*

ars
Agence Régionale de Santé
Grand Est

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HOW DO I PREVENT BEDBUGS?

Bedbugs have been on the increase since the late 1990s, mainly due to increased international travel and/or the emergence of resistance to insecticides. You will find bedbugs in residential accommodation (houses, apartment blocks), but also in hotels, public transport, or even cinemas.

And just because a house is clean, this does not make it immune to a bedbug infestation. Anyone can be affected by this menace.

Don't wait to be invaded before you act.
This will prevent any spread.

Act as quickly as possible!



1. WHAT DO I NEED TO KNOW ABOUT BEDBUGS?

CHARACTERISTICS



They are the size of an apple pip (between 4 and 7 mm).

They are brown/beige.

A female lays 5 to 15 eggs a day.

They only feed on human blood and bite repeatedly during the night.

They like dark places (bedrooms and living rooms with sofas mainly).

They can survive with no humans around for up to 1 year in a dormant state.

They live for between 6 and 24 months.

They do not jump or fly.

THEIR IMPACT ON PEOPLE'S HEALTH

They do not spread disease.

Possible issues:

Multiples bites to the body, insomnia, and phobias due to constant bites, allergies in some people.

Do not hesitate to see a doctor if any allergy arises!

2. HOW DO I KNOW IF I HAVE BEDBUGS IN MY HOME?

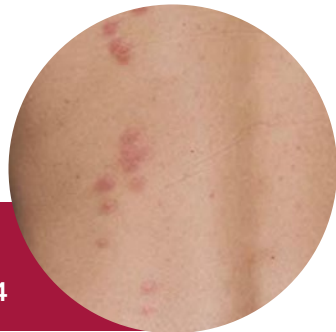
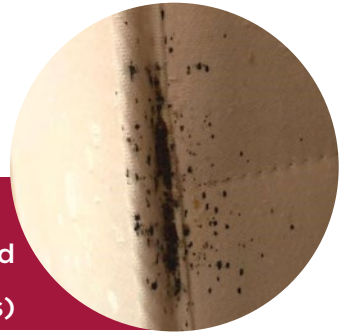
Bedbugs are difficult to see with the naked eye, because they avoid daylight and artificial light. They are active at night and tend to feed when people are at rest.

Here are some signs you may have them:



Blood stains on sheets

Black traces of droppings on bedding (bed base, mattress, sheets, blankets)



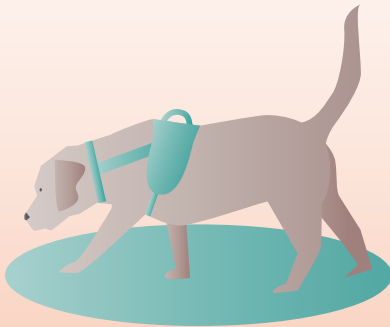
Multiple bites to the body in groups of 3 or 4

At the first sign of infestation, it is essential to act as quickly as possible to prevent the problem potentially spreading to other homes or public places. Inform the landlord, owner, or management agent for the building.

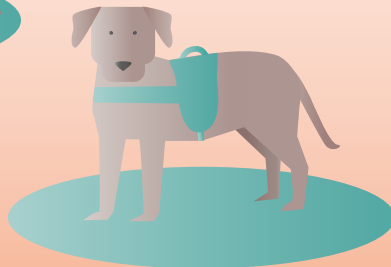
HOW DO I KNOW IF I HAVE BEDBUGS IN MY HOME?

TO IDENTIFY THEM, YOU NEED TO:

Use a magnifying glass and torch to inspect places they may be lurking (bed, bedroom, living room, and every other room if necessary).



You may decide to ask a professional sniffer dog service to carry out additional check for any infestation.



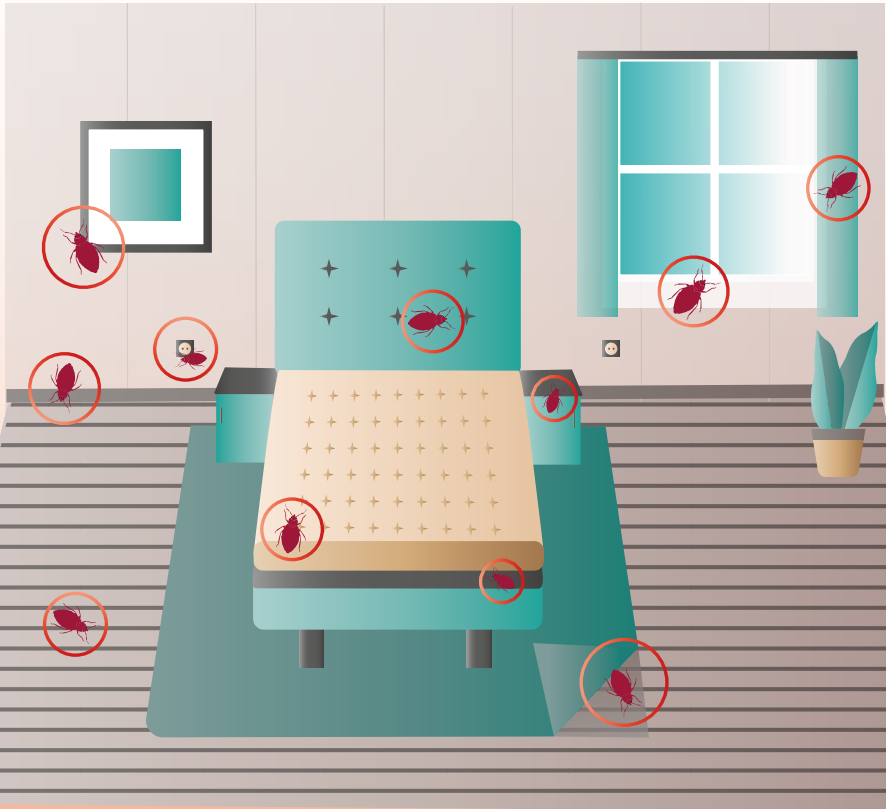
WHERE DO I LOOK?

Inspect bedrooms first and then, depending on the level of infestation, the living room, kitchen, and any other room too.

Thoroughly inspect bedding (sheets, pillows, mattress, bed base, bed frame), particularly in places where bites have occurred, as well as armchairs and sofas, bedside books, hems of clothes, luggage, wallpaper, curtains, picture frames, parquet flooring, skirting boards, false ceilings, and light switches.



Pay special attention to seams and any nooks and crannies.



3. HOW DO I GET RID OF BEDBUGS?

WHAT I NEED TO DO:

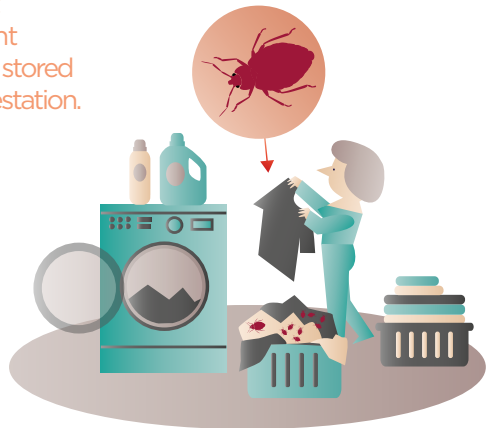
Physical control measures

These steps are essential to limit the bedbug infestation as far as possible and maximise the possible success of any chemical treatments.

1

I treat all textiles

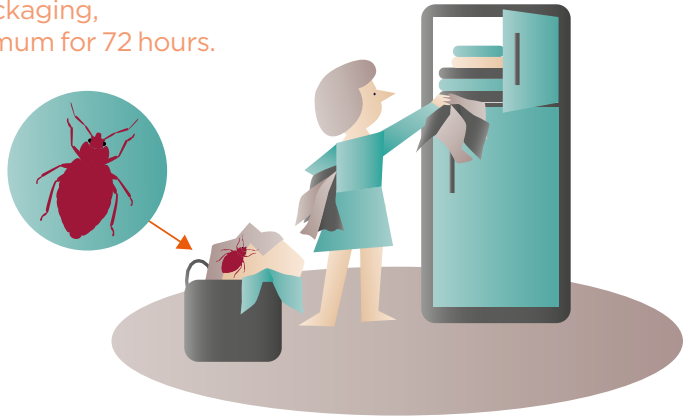
(clothes, household linen, bed linen, curtains, etc.) during a machine wash at 60°C minimum or in the tumble dryer for at least 1 hour. Water-soluble bags can be used to place textiles in the washer. After washing, all textiles should be stored away in airtight covers or, failing this, in sealed and labelled bin bags to prevent any repeat infestation before treatment is complete. They should be stored away in a room free from infestation.



2

I first freeze

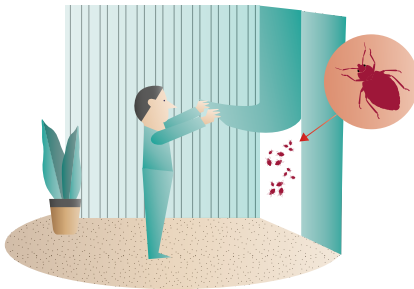
delicate textiles and decorative items (books, toys, etc.), in airtight packaging, at -18°C minimum for 72 hours.



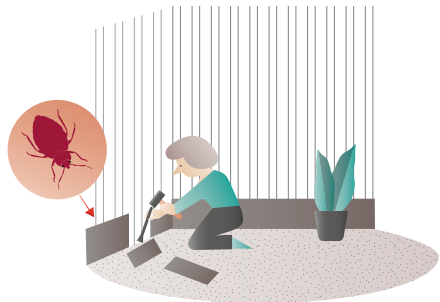
3

I dismantle

anything I can in the room: furniture, rails/pegs, skirting boards, etc. In the event of heavy infestation, I remove decorative elements like wallpaper, false ceilings, or flooring'



**Consult the landlord
in advance if necessary**





4

I use a brush

to clean nooks and crannies, textiles, and any potential hiding places.



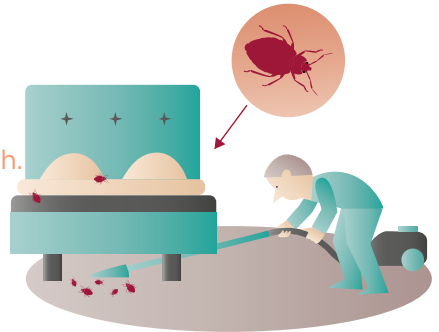
Brushing does not kill bedbugs. You need to use a vacuum cleaner too

5

I use a vacuum cleaner

on a high power setting to regularly clean infested places – with the slim suction nozzle.

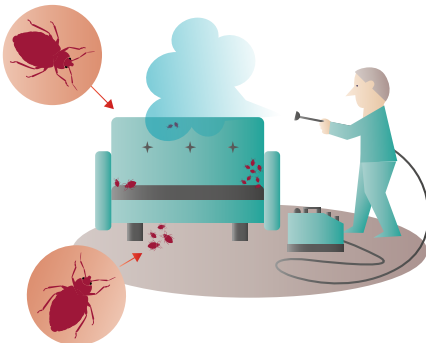
I vacuum for a few seconds, **then wash the hose** and nozzles with hot water or steam, preferably in the bath. The bag, closed and wrapped in an airtight plastic bag, should be **disposed of immediately in an outdoor waste bin**, which should be closed or inaccessible to avoid any contamination of other sites.



6

I steam clean

This type of cleaning destroys bedbugs at all stages of development and makes it possible to reach nooks and crannies and treat upholstery (sofas, mattresses, carpets, etc.). It is recommended to use a dry steamer (above 150°C) or a steam cleaner (110°C to 180°C). Go no faster than 10 cm a second as you clean.



Be aware of the risk of burns when using this type of equipment

WHAT DO I DO WITH FURNITURE I AM GETTING RID OF?



Do not dispose of infested mattresses or furniture on landings or in the street or sell them online or at 'car boot sales'; this can help spread bedbug infestations to other sites.



Make the infested furniture unfit for further use, for example by slashing the mattress or marking things with paint. Wrap the infested material tightly in plastic film before removing it from the accommodation.



Take it directly to a waste disposal centre and inform the staff of the infestation.

If you are worried you might still have bedbugs in your home, you can ask a sniffer dog service to check.

WHAT I NEED TO ASK A PROFESSIONAL:

Insecticide treatments:

These treatments will not be effective unless physical control measures have been implemented first.

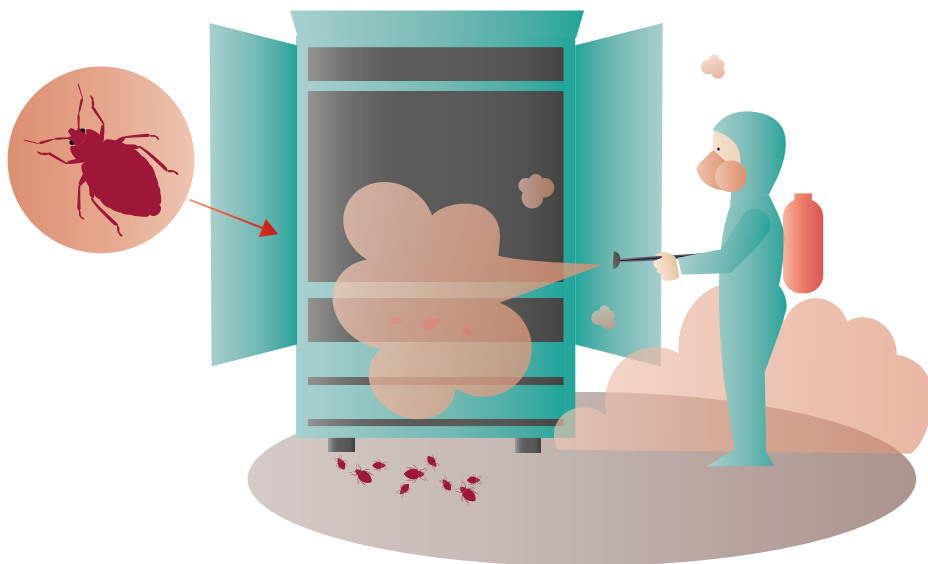


The accommodation must be prepared before starting these measures.

Disinfestation of the accommodation must be carried out by a **certified professional** (with national certification) based on at least two or even three treatments over 10 to 14 days.



Do not buy products yourself as they may be harmful and not very effective.

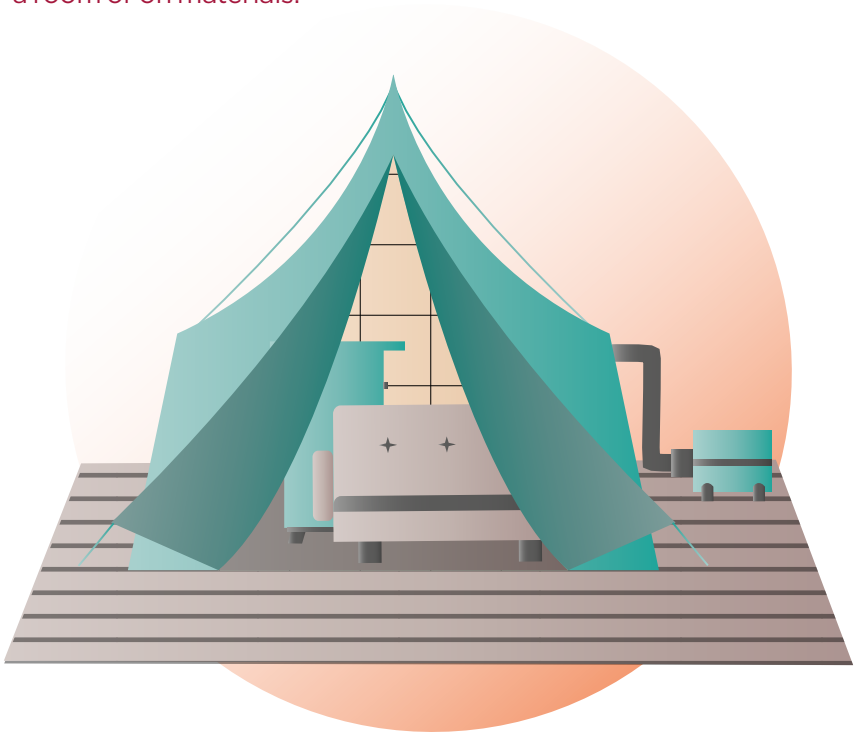


The accommodation may be used again after each treatment, as instructed by the service provider, **once properly ventilated.**

Heat treatments:

The accommodation must be treated by a professional, who will decide the approach to follow beforehand. They only need to visit once.

Using a heat tent or a heat generator (temperature > 55°C), it is possible to get rid of bedbugs and eggs within a room or on materials.



WHO

DO I CONTACT?

French Disinfection, Disinfestation, and Deratting Association:

<https://cs3d-expertise-punaises.fr/>

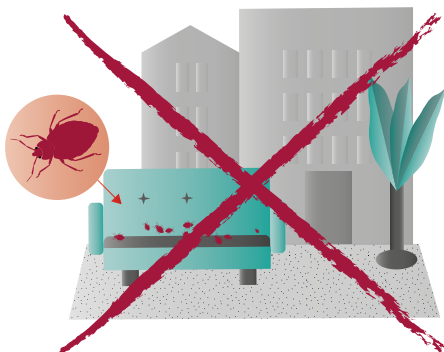
Yellow pages for professionals offering disinfestation and disinfection:

<https://www.pagesjaunes.fr/activites/desinfection.html>

4. HOW DO I AVOID A BEDBUG INFESTATION?

RECYCLING AND REUSING:

Particular care should be taken when buying and reusing second-hand furniture, items, and clothing.

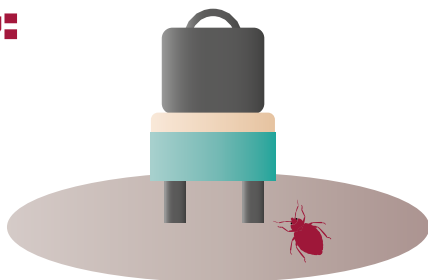


Do not reuse bedding found on the street or in flea markets.

Freeze or clean with a steamer any second-hand items before reusing them, if possible before bringing them inside your home.

WHEN TRAVELLING:

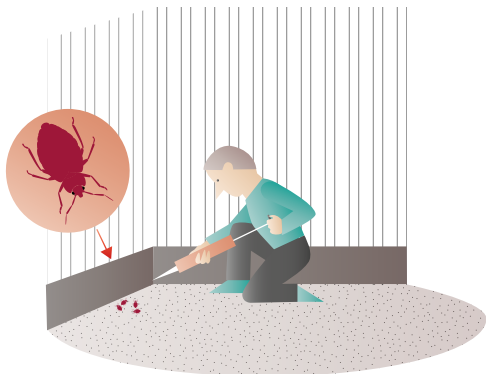
You need to be vigilant about where you are sleeping and check bedding, cupboards, and other places where these insects may be lurking. If in doubt, do not place your luggage on the floor or bed: put it on a luggage stand.



Upon returning from a trip, inspect your luggage to ensure it is free of bedbugs. If necessary, treat your clothes and suitcase (e.g. washing, freezing, vacuuming).

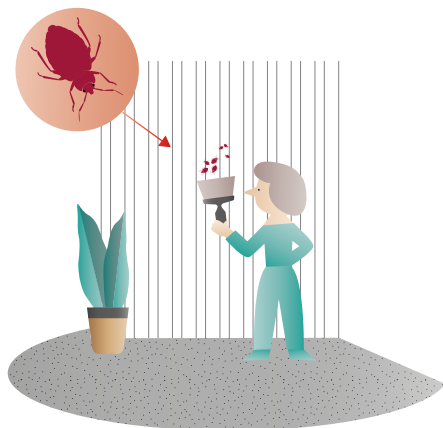
IN MY HOME:

Regular maintenance of premises can help prevent infestations. Clutter inside a home or damaged walls (cracks, damaged plaster, peeling wallpaper, damaged flooring) can favour the spread of bedbugs.



Fill and seal all skirting boards with silicone sealant and reattach any loose coverings (e.g. wallpaper).

Block any holes, cracks, or openings in walls to eliminate places where insects may be lurking.



If in doubt about what work can be done, contact the landlord.

5. VIDEOS WITH TIPS

CPIAS Nouvelle Aquitaine

https://www.youtube.com/watch?v=zdYKM_UPzGw

E=M6

https://www.youtube.com/watch?v=cC_cAy-fgq0

Brut

<https://www.youtube.com/watch?v=JTYOUYsQMWU>





For more information:

• **Government website:**

stop-punaises.gouv.fr

(*<https://www.ecologie.gouv.fr/punaises-lit-letat-vous-accompagne>*)

• *punaises.fr*

- **French Disinfection, Disinfestation, and Deratting Association:**

<https://cs3d-expertise-punaises.fr/>

ARS Grand Est:

• *<https://www.grand-est.ars.sante.fr/punaises-de-lits-les-bons-gestes-adopter-00>*

• *<https://www.grand-est.ars.sante.fr/especes-nuisibles-la-sante>*

City and Eurométropole of Strasbourg:

• *<https://www.strasbourg.eu/les-punaises-de-lit>*

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Illustrations:

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Contact your local council directly

ARS Grand Est:

Regional office

Telephone: 03 83 39 30 30

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