

DON'T LET THE BEDBUGS BITE - FOR TENANTS

Known facts about bed bugs

The first thing to know about bedbugs is that they are in no way a reflection of a person's inadequate hygiene or cleanliness, nor is it a reflection on the cleanliness or condition of a landlord's property. They are a pest of exposure and can infest anywhere.

They can't jump like fleas, but can be brought home by making contact with someone who is already infested with bedbugs or bringing infested items into the property.

They can be picked up by simply sitting on a bus, train or tram, from a hotel or cinema or, indeed, a retail store.

They are not classified as a health hazard and do not transmit disease although for those who respond to the bites they can be very unpleasant.

What do they look like?

Adult bedbugs are reddish brown, flat and about a fifth of an inch long. Their bodies become engorged with blood once they have fed making them easier to see.



An adult bedbug on someone's hand



Baby bedbugs can be a lot harder to see

How do I prevent / get rid of them?

Turning the mattress and airing a bed might help to keep dust mites at bay, but will not deter bedbugs.

Don't allow clutter to build up where you sleep - it's a perfect nesting place for bedbugs.

Don't use a mattress that has come from an unknown source, it may have been thrown away because of an infestation.

Don't wait to report a problem - nip an infestation in the bud before it spreads. Contact your landlord straight away! Do not throw items of furniture away or use aerosol sprays as this can quickly spread an infestation.

Always check the beds when you stay away from home so you don't bring the problem home with you, it's much easier to avoid than to treat.