

# STOP BED BUGS



## Good practices in Your Housing

> Épinal Habitat Practical Guide

### What does a bed bug look like?

**Reddish to brown in color**, the bed bug has the shape of an apple seed.

It measures between **4 and 7 mm** as an adult.

It does not jump or fly but moves easily within housing units. It avoids daylight or artificial light, so it is active at night to feed when people are at rest.



### Its meal

It feeds primarily on **human blood** but can go without eating for 1 year.

### Reproduction

A female **will lay over 500 eggs** over her lifetime.

### Movement

The bed bug spreads and propagates through **travel, secondhand items, clothes, suitcases, books, vehicles**, etc.

### Its living space

**The bedroom** is its main playground but it can also be found in other rooms of the house. **It particularly likes fabric and wood.**

### Favorite hiding spots

It mainly hides in **mattresses and bed frames** but also in crevices, cracks, electrical outlets, baseboards..



### How to know if you have bed bugs?

- 1. Bites on the body:** they look like small red dots, comparable to mosquito bites, often clustered in groups of 3 or 4.
- 2. Excrement:** small black dots that can be found on your bed frames, mattresses, sheets, sofas, behind baseboards, etc.
- 3. Eggs and/or exoskeletons:** the eggs are translucent white and about 1-2 mm in size and numerous. As for the exoskeleton, it often has a rust-colored appearance and is translucent.
- 4. Small blood stains:** when you sleep you can crush a bed bug, which then releases the absorbed blood.



From the first signs of infestation, it is essential to intervene as quickly as possible in order not to risk spreading the problem to other housing units.

> For more information: [stop-punaise.gouv.fr](https://stop-punaise.gouv.fr)

# Good practices to adopt

## > REGULARLY USE A VACUUM CLEANER

After vacuuming, throw away the vacuum bag in a tightly sealed garbage can outside your home.

**Be sure to wash the vacuum hose well.**



## > RENDER YOUR INFESTED FURNITURE, BED FRAMES AND MATTRESSES UNUSABLE



Before throwing them out, **make sure they are unusable** (by puncturing them), so they are not collected by someone else.



Do not take anything from the street, as objects or furniture can be infested.

## > ROOM MAINTENANCE

Empty closets, furniture and drawers. If you find bed bugs, **immediately place your items (when possible) in airtight plastic bags** before throwing them out or treating them.



If the size allows, you can treat items by placing them in a freezer at -18°C for 72 hours. Same for clothes.



Be sure to carefully inspect other items such as: electronic devices, books, decor objects.



## > WASH CLOTHES, SHEETS AND BEDDING IN VERY HOT WATER 60°C



Before throwing them out, **place all textiles** (clothes, sheets, household linen, curtains...) in the washing **machine at 60°C** minimum or **in the dryer for 1h.**



If you do not have a dryer at home, you can go to a laundromat.



After washing, all textiles must be stored in tightly sealed plastic bags and then stored in a non-contaminated room to avoid reinfestation.

## > FURNITURE MAINTENANCE

Stuffed or wood furniture can be treated **with a dry steam appliance** (150°C) or steam cleaner (110 to 180°C).



**Use very hot soapy water to clean metal or plastic furniture.**



TIP

Several scents are highly effective against bed bugs: diatomaceous earth, coffee, white vinegar, isopropyl alcohol, bleach and certain essential oils such as lavender, tea tree, lemongrass and clove.



# Don't wait to talk about it to your landlord !

Contact the Neighborhood Office at **03 29 34 95 06** who will liaise with the service provider

You can also find all this information on our website:



> [www.epinal-habitat.com](http://www.epinal-habitat.com)  
> "Actualités" section

