For Bedbug Prevention

1. A common pest, once associated with unhygienic surroundings, the bedbug is now prevalent in multi-occupancy buildings with rapid resident turnover, such as hostels, hotels, holiday camps and blocks of flats.

2. Hard to detect with the naked eye, infestation is often widespread before biting occurs.

3. Bedbugs take 3 - 10 minutes to complete feeding on you whilst you lay asleep at night.

4. Adult bedbugs resemble a small brown disc, measuring up to 6mm in length.

5. The bedbug is wingless but has well developed legs, and can crawl up most vertical surfaces.

6. Bedbugs can be introduced to a property through attaching themselves to luggage, bags and clothing.

7. Bedbugs feed on the blood of a human host, although in some cases they can survive up to a year without feeding.

8. To prevent bedbugs, check furniture and bedding for signs of infestation regularly.

9. If you find bedbugs, wash all clothing and bedding on a ‘hot’ setting (at least 60 degrees), or tumble dry them for at least 30 minutes. You can also kill bedbugs by putting affected items in a deep freezer for 3 days.

10. Self treatment of a bedbug infestation is unlikely to be successful. If you suspect that your property (or one occupied by a resident) has an issue with bedbugs, call Monitor immediately so that we can use our professional grade products to immediately control the situation and prevent recurrence.