

## Top 10 Tips...

### 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.



Rodents



General  
Insects



Flying  
Insects



Stored Product  
Insects



Birds



Wildlife