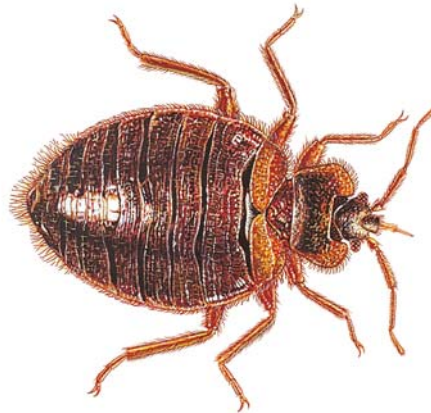


Bedbugs



What do they look like?

Bedbugs are flat, oval shaped insects about 5mm long. They are brown in colour but can become red after feeding

How do you spot them?

Bedbugs usually hide in the cracks of bed frames and other furniture during the day, and feed at night. They may leave small dark spots of excrement on bed linen, but the most obvious giveaway is the bite. Bites are usually red and itchy. They can occasionally be found in lines on the skin.

How do they affect me?

There is no evidence to suggest that bites can transmit diseases. Bites can be uncomfortable and unpleasant but if washed and soothed with lotion such as calamine, they should not present a serious medical problem.

How do you control them?

Bedbugs cannot jump or fly, and can only crawl, or be transported by furniture or clothing. Regular cleaning and vacuuming of your flat can therefore help reduce the risk of infestation. Washing clothes and bed linen at the highest possible temperatures can also remove bugs from infested items.

Unfortunately however, there is no absolute protection and no preventative treatments available, although you may find some products, such as sticky tape for the legs of your beds to prevent them climbing, available at local hardware shops. The best protection you can get is to report any concerns you have early.

If you suspect your home has bedbugs, seek professional help immediately. The longer you leave it, the worse it will become, and the more difficult it will be to eradicate. Self treatment is unlikely to be successful. See your pharmacist if you need advice on medication for bites