JUGENDWOHNNETZ

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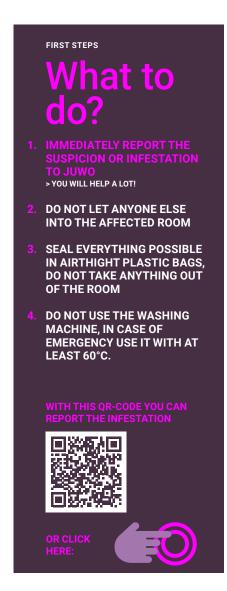




JUWO FACTSHEET:: BED BUGS

STUBORN HOUSEMATES - BED BUGS

FOR A LONG TIME BED BUGS WERE EXTINCT IN EUROPE; HOWEVER, THERE HAVE BEEN MORE AND MORE CASES OVER THE LAST 15 YEARS, AND IN SOME CITIES THEY ARE SPREADING AT AN ALARMING RATE. AN OUTBREAK HAS NOTHING TO DO WITH A LACK OF HYGIENE, BUT MUCH MORE WITH TOURISM AND SECOND-HAND GOODS. IT CAN AFFECT EVERYONE – INCLUDING YOU AND ME.



FEATURES

Bed bugs are reddish-brown in color and reach a size of $4.5-8.5\,$ mm. The animals have a life expectancy of about six months.



WHAT ARE BED BUGS?

The bed bug is a blood-sucking insect, that occurs year-round and worldwide in inhabited indoor areas.

HOW AND WHERE CAN YOU PICK UP BED BUGS?

Unfortunately, this danger lurks everywhere today and has nothing to do with a lack of hygiene - this rumor is completely wrong. Maybe you have recently bought a nice new dresser at your local second-hand shop you trust, or you've been traveling - whether in a hostel in South America, in a business hotel in London or in a luxury bunker in the Maldives. Bed bugs appear everywhere. Every trip and every purchase of used furniture pose a potential risk.

HOW CAN YOU PROTECT YOURSELF?

When traveling, never put your luggage under the bed, preferably far away from it (e.g. in the entrance area) and do not leave your suitcase lying around open. When buying used furniture, it is recommended to check it for traces of excrement. By the way, you can do the same in your hotel room: Lift up the mattress – check the edges of the bed frame for excrement. If you find anything, insist on a new room immediately.

Are you unsure if you were bitten by bed bugs on your last trip? Unpack your luggage as soon as you get home, preferably in the bathtub. Sort the laundry and seal it airtight in plastic bags until it gets washed. Wash your laundry at a temperature of at

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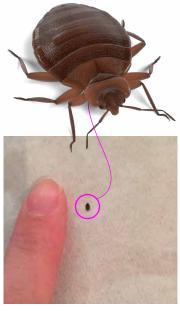
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01 — BITES: Bed bugs bite during the night and often uncovered parts of the body (arms, feet, legs, etc.) are effected.

02 — TRACES OF EXCREMENTS: Bed bugs often hide in the bed (slatted frame) or other pieces of furniture and leave excrement traces in the form of black dots.







least 60° C. After that, it is mandatory to do an empty wash with at least 60° C – the washing machine is the most common cause of the spread of bed bugs.

Also seal vulnerable items that cannot be washed (alarm clocks, soft toys, etc.) airtight in plastic bags and place them in the freezer for several days.

HOW DO YOU KNOW THAT BED BUGS ARE PRESENT?

This is difficult to determine. Only about 60% of those affected have an allergic reaction to the bites and even notice them. In addition, the allergic reaction may not show up until several weeks later. It usually involves many red bites arranged in rows. An additional indicator are small blood stains on pyjamas or sheets. Sometimes the skin reddens only slightly or there may be bruises.

If you're not allergic to them, or maybe you just have suspicions, the key is to search the room.

Bed bugs love warmth and darkness. They often hide during the day in cracks, zippers of mattresses, dressers, on the grid, on the

bed frame, in electrical outlets, dowel holes or baseboards – in other words, anywhere where they are undisturbed.

To see their excrement, it is advisable to search with a magnifying glass and a lamp, because it is only 0.5 to 1.00 mm in size.