



# ...don't let the **BED BUGS** bite!

## Know your enemy

**Adults:** 4-5mm long  
Oval, flat reddish brown  
1.5-3mm wide



**nocturnal**  
creatures that feed at night

hide in **cracks & crevices**

**CO<sub>2</sub>**

attracted to the warmth of our bodies & in our breath

**ADULT**

...females lay between

**200-500 EGGS** in their lifetime



**EGGS**

eggs are **1mm long** oval, white

**NYMPHS**

**NYMPHS**

...can survive up to **2 months** without food

## Look out for



- live or dead bugs
- bug skins
- eggs
- droppings
- a "sickly sweet" smell
- blood droplets on sheets



**Found in:**

- mattress seams
- bedroom furniture
- electrical appliances
- power points
- carpets
- wall hangings
- window fittings

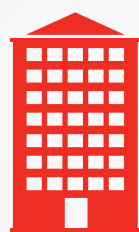


**bites** on the body



## Preventing bed bugs

1



**inspect** hotel bedding

2



take care with **luggage** or **second-hand items**

3



unpack and **vacuum** suitcases

4



**wash** all clothes on high temperature