



## **FACTS ABOUT BED BUGS AND HOW TO IDENTIFY THEM**

No matter where you live, bed bugs can become a problem for you by biting and causing concern. If you suspect that there are bed bugs in your dorm room, we recommend that you report it to the dormitory administrator immediately.

- Bed bugs are very fast crawlers and can spread rapidly throughout the building.
- An adult house flea is reddish-brown colour, about 4-5 mm long and up to 3 mm wide.
- In shape and colour, the adult flea can be compared to an apple seed or flaxseed.
- Flea nymphs are small, immature fleas that, being almost transparent, can be harder to spot.
- The eggs of the house flea are hard to see, pearly-white in colour, and are often clumped together in clusters.
- The main sign of the presence of bed bugs in the home is the dark patches of their excrement on the surface of mattresses, bedding or bed frames.
- Bed bugs are most often found in the home after a person brings a variety of personal belongings such as clothes, backpacks, suitcases or second-hand furniture (often after arriving from a long trip).

**!IF YOU NOTICE BED BUGS, PLEASE INFORM THE DORMITORY ADMINISTRATOR IMMEDIATELY!**

Bed bugs are eradicated by a company specially hired by the university but to completely eradicate them you need to prepare properly for their disinsection:

### **PREPARATORY ACTIONS BEFORE THE WORK IS CARRIED OUT:**

- Vacuum the rooms (the vacuum is provided by the dormitory administrator) and the carpets, upholstered furniture, mattresses, the insides of sleeping furniture, pet beds (immediately dispose the vacuum cleaner bag in the waste container outside).
- Move all furniture about 60 cm away from the wall.
- Clean dust and dirt from the floor, especially at the edges of the room.
- Lift/fold the edges of the carpet (if you have one).
- Ensure access to all electrical sockets and cable trays.

- We recommend that bed mattresses or upholstered parts of furniture (not leather) are treated with a hot iron (the iron is provided by the dormitory administrator) or a hot steam appliance.
- Pack bed linen, curtains and towels in plastic bags and tie them up. Wash or dispose of these items.
- Ensure free access to the bed frame and unload all items from the underbed storage. The bed frame must be empty.
- Remove the mattress from the bed frame and lean it against the wall.
- If possible, remove the mattress and mattress topper covers and wash at + 50-60 °C.
- Empty all furniture drawers and cupboards next to the bed.
- Wash all the clothes worn in the room at a temperature of at least + 55 °C, as clothes worn by humans can attract fleas.
- Remove any personal items that are stored on furniture to avoid possible adverse effects during spraying, such as jewellery boxes, watches, etc.
- Pack all wardrobe contents in plastic bags.
- Wash clothes removed from wardrobes at + 50-60 °C.
- Leave furniture that has been emptied out of clothes/other items open.
- Cover all household appliances (e.g. washing machines, television, computers, fridges, etc.) with cloth or polythene bags.
- Remove pets from work-ready areas and seal aquariums tightly.
- Do not leave food products in open areas (they should be placed in airtight containers or, for example, in the fridge).

**! IT IS STRICTLY FORBIDDEN TO BE INDOORS DURING THE DISINSECTION PROCESS. IF NECESSARY, TEMPORARY ACCOMMODATION WILL BE PROVIDED BY THE DORMITORY ADMINISTRATOR WHILE THE WORK IS BEING CARRIED OUT!**

#### **RECOMMENDATIONS AFTER THE DISINSECTION**

- Full use of the premises is only available after being notified by the dormitory administrator.
- Ventilate the premises.
- Clean all surfaces you sit on or touch (tables, chairs, etc.). *Note: It is recommended to use household gloves when cleaning surfaces after disinsection.*
- Sweep/vacuum up any dead bugs found after the work (if any remain).

