

BED  
BUGS

# THE CITY OF MARSEILLE IS TAKING ACTION



Bedbugs can infest any type of dwelling. The presence of bedbugs is not linked to a lack of cleanliness. Exterminating these insects is a long, challenging, and costly process. That's why the City of Marseille is committed to reducing the risk of bedbug infestations and supporting people with a bedbug problem.



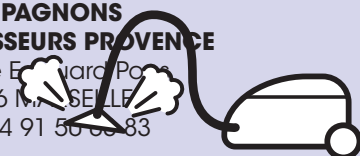
Signal an outbreak  
[stop-punaises.beta.gouv.fr](http://stop-punaises.beta.gouv.fr)

## THE CITY OF MARSEILLE IS TAKING ACTION FOR ALL THE PEOPLE OF MARSEILLE

### Marseille provides support for individuals:

- **free** provision of equipment (specialised steam cleaners and vacuum machines) via an agreement with the Compagnons Bâtisseurs Provence association

COMPAGNONS  
BÂTISSEURS PROVENCE  
7, rue Eugène Poincaré  
13006 MARSEILLE  
TEL: 04 91 56 65 83



## IMPORTANT

If you are a tenant, the landlord (owner) must cover the cost of detecting and eliminating bedbugs. If the landlord refuses to pay these costs, the tenant can refer the matter to the departmental conciliation commission or the court tribunal.



For more information (in French)  
[stop-punaises.gouv.fr](http://stop-punaises.gouv.fr)

For advice and a list of certified professionals (in French)  
[paca.ars.sante.fr](http://paca.ars.sante.fr)

Easier to identify, easier to get rid of

# BED BUGS



If you have bedbugs,  
report them to: [stop-punaises.gouv.fr](http://stop-punaises.gouv.fr)

More information at  
[marseille.fr](http://marseille.fr) (in French)



VILLE DE  
MARSEILLE



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# BED BUGS



VILLE DE  
MARSEILLE

# BED BUGS HOW TO SPOT THEM?

Bedbugs disappeared in the 1950s in most Western countries but came back in the 1990s with the rise in international travel. Highly resistant, they proliferate rapidly in all types of dwellings, regardless of whether the homes are clean or dirty. We can all be affected by bedbugs.

## How do I know if I have an infestation?

### SIGNS ON THE SKIN

Bites are the first sign that bedbugs are present in your home.

**sign 1:** two to five bites grouped or aligned on the same area of skin.

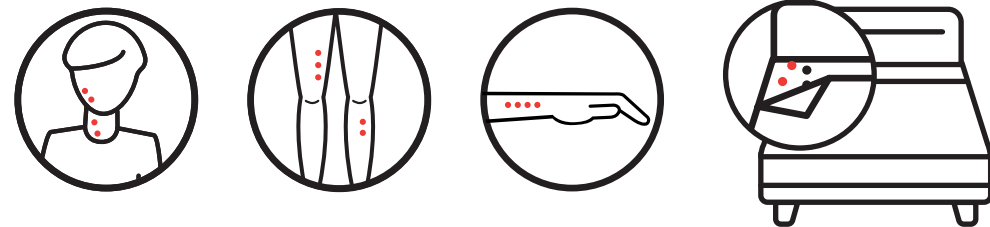
**sign 2:** bedbugs bite people as they sleep during the night. Check for new bites in the morning.

### SIGNS IN THE HOME

Bedbugs avoid light and take shelter in dark, narrow, inaccessible places.

**sign 3:** black droppings or eggs can be seen where they hide.

**sign 4:** they may leave traces of blood on the sheets.



## EFFECTS ON HEALTH

Everyone reacts differently to bedbug bites. Bites may not affect some people while they can cause stinging or even allergic reactions in others.

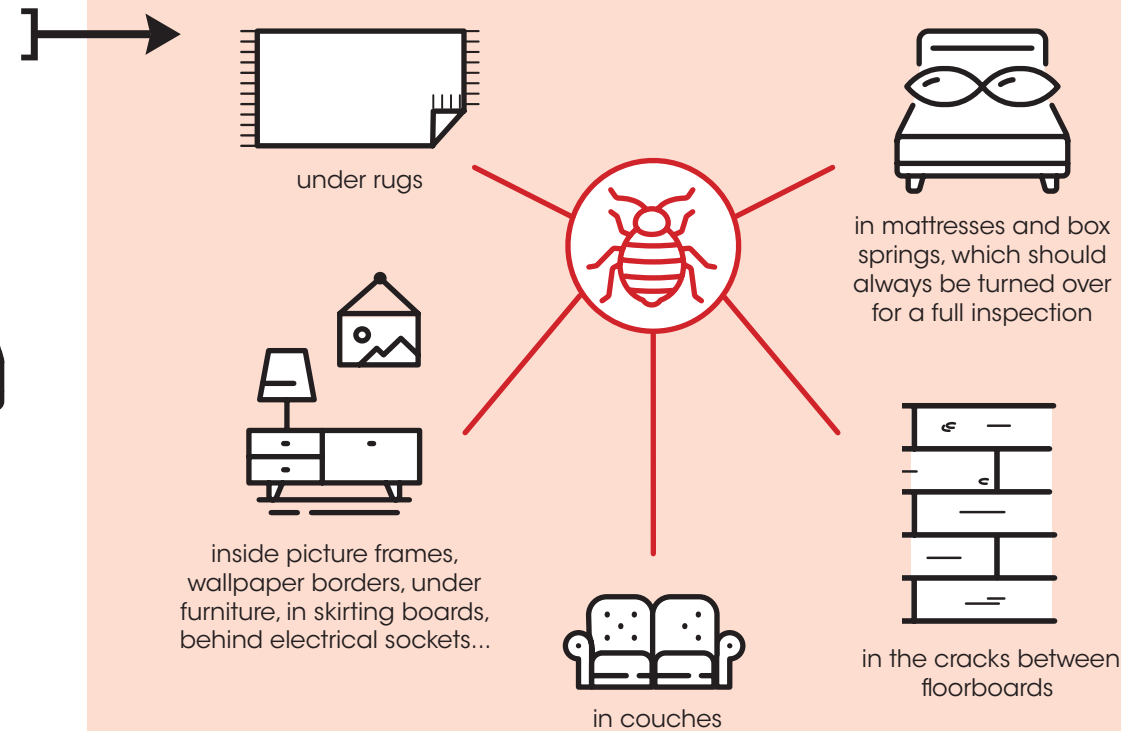
Bedbugs do not transmit diseases. However, there is a risk of infection, particularly from scratching.

Bites can also have an impact on people's psychological state: fatigue (insomnia), irritability, stress, and the development of various phobic disorders.

# BED BUGS WHERE DO THEY HIDE?

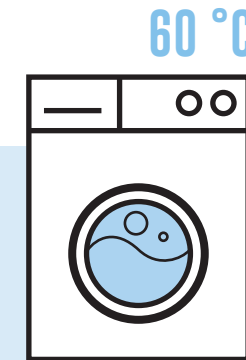
Bedbugs are visible to the naked eye and are generally brown. They are about the size of an apple seed. They do not jump or fly.

The bedroom is their favourite place, but they can also thrive in other rooms. Most of them are found:



# BED BUGS HOW TO AVOID THEM?

 There is no foolproof way of preventing bedbugs, but simple steps can be taken to limit their arrival or spread.



## At home:

- reduce clutter to limit the amount of places where bedbugs can hide
- be careful when buying items second-hand and wash used clothes at 60°C
- if you are bringing used furniture into your home, clean it thoroughly



## Be vigilant when travelling:



- don't put your luggage on the bed or under the bed
- check your personal belongings on your return, wash your clothes and your suitcase
- steam the suitcase at 4 bars 120°C or use a product for crawling insects

# BED BUGS HOW TO GET RID OF THEM?



If you discover bedbugs, you need to act fast!

## Essential first step: physical cleaning

- **Machine wash** your bed linen and clothes at over 60°C. Keep them in sealed plastic bags until the infestation is over. 
- If possible, **freeze items at -20°C** for at least 72 hours.
- **Vacuum** thoroughly and steam clean (over 120°C) all areas where bedbugs are likely to be present. After vacuuming, throw away the collected dust in a sealed bag and clean the vacuum tubes. 
- **Throw away** objects that are too infested and either mark them or damage them so other people won't salvage them. Never store discarded items in the halls of buildings.

## If the infestation persists

Do not use smoke bombs, insect repellents, or chemicals. They can be very dangerous for your health and push the bedbugs into other areas



Call a certified professional!

