

Bed bugs can hitchhike from room to room through the laundry machines and by thrifting.

If a person washes their bed bug-infested laundry (at temperatures below 60°C), the bed bugs survive and can spread to other people using the washing machine!

We must therefore all be cautious about bed bugs, so they don't spread!

Bed bugs from the outside

Thrifting might bring bed bugs to your room. Bed bugs can live for 4-6 months without a host (blood), so don't assume something is bed bug safe before carefully examine the item.

OMK genbrug:

If you leave clothes and fabric in OMK genbrug, please freeze the items for 3-4 days or seal them in a plastic bag with an open glass of alcohol (70%) – the alcohol fumes will kill them.

If you leave furniture, books, frames, bags etc. in OMK genbrug, please check for bed bugs beforehand.

Travel:

Hotels might host bed bugs that stay in your suitcase and is brought home with you.

When coming home freeze your suitcase and the content if you suspect bed bugs in a hotel have stayed in.

Don't leave your things in places where bed bugs might be hiding nearby.

Freezing should be 3-4 days depending on the size of your items.



My neighbors have bed bugs! Should I be worried?

Bed bugs usually don't move more than 3 meters from their hiding spot. Unless you have cracks in the wall directly to your neighbor, you should be fine.

In order for bed bugs to enter your room they must be brought in by someone on suitcases, bags, clothes or other good hiding places.



How to avoid Bed Bugs!

Protect Dirty Clothes

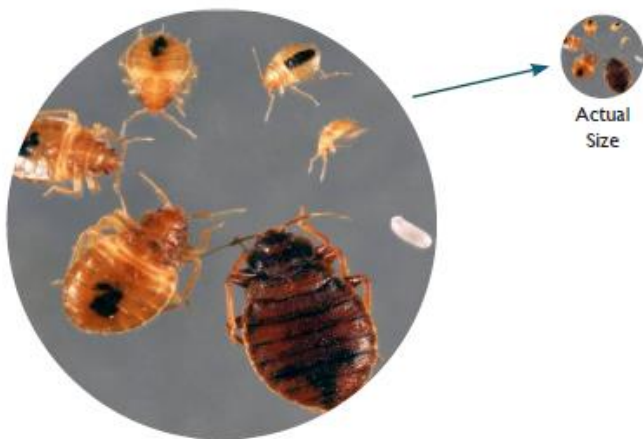
- Unpack clothes from sealed plastic bags or laundry bags directly into the washer.
- Washing at 60°C will kill bed bugs in clothes.
- Drying clothes kills bed bugs.
- Clothes that are not put in the dryer should be put in the freezer for a few days after drying on a rack.

Laundry Baskets

- Check for bed bugs before use.
- Watch out for bed bug in the seams of your laundry bag.
- Don't set baskets on the floor or near seats.

Tables

- Check for bed bugs before using to fold clean laundry; or
- Bag clean laundry and fold it in your room.



Identification is Key!

If You Think You have Bed bugs

- Don't panic. Catch one in a plastic bag or take a picture for identification ([room 709, Frida Løkkegaard on facebook](#)).
- Look for bed bugs in your room (see next page).

If you have bed bugs

- Notify **FMS** to call a professional
- Let your kitchen know

Bed bugs are not a sign of unhealthy living conditions. We can unknowingly bring them home in clothes and other items.

Keep your room clean!

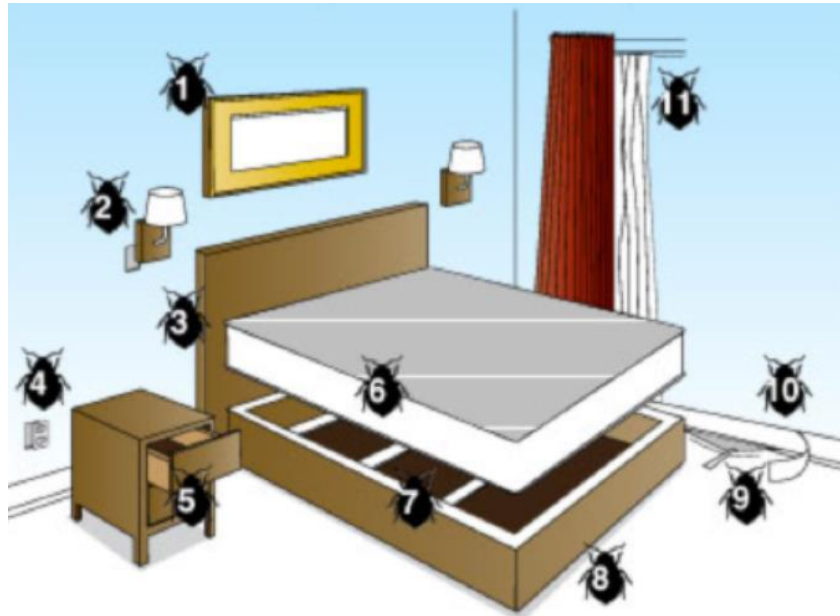
- The more clutter, the worse risk of bed bugs.
- Bed bugs hide in cracks and tiny spaces everywhere from your suitcase, bedframe, cracks in the floor panels, behind the radiator etc. Keep an eye on these places.
- Bed bugs will only stay in your bed sucking your blood for a short while before returning to their hide. They will not hide in your clothes and bedsheets unless these are attractive spaces to hide (barely used).
- **Frequent and thorough vacuuming can prevent bed bugs from establishing colonies in your room!**



Do you have Bed Bugs?

Common areas where bed bugs hide

1. Behind artwork and mirrors
2. Behind fixtures
3. Behind headboards and bedframes
4. Around and behind outlets
5. Inside and underneath casegoods
- 6-7 Under/inside mattresses and foundations
8. Along and beneath platforms
- 9-10 Along baseboards and carpets
- 11 Draperies, curtains and other upholstery



You might have bed bugs if

- You have itchy rashes.
- There are small blood stains (from bites) on your bed.
- There are tiny black dots (poop) on your bed or furniture.
- You find tiny insects in your room in places mentioned above.

