

Exterminating *bedbugs*



Nomor®



BEDBUGS ARE NOCTURNAL

Bedbugs have once again become a problem in both Sweden and the rest of the world. This is because we travel more than ever and because bedbugs have become more resistant to insecticides.

Bedbugs are a nocturnal insect which, like mosquitoes, survive by sucking blood from humans. They are reddish-brown and resemble a flat beetle. Their bodies can measure between one and five millimetres in length and they cannot fly. Bedbugs can live up to a year, but if food disappears, they can lie dormant just as long and then return.

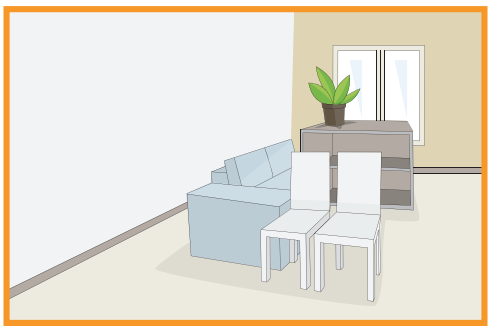
BEFORE EXTERMINATION



- Bedbugs like to hide in recesses and folds, so vacuum thoroughly under cushions, pillows and furniture as best you can.



- Remember to place the vacuum cleaner bag in a sealed plastic bag. **Dispose of it immediately with combustible waste!**



- Move all furniture at least 50 centimetres out from the wall in rooms that are to be treated. This helps us to access baseboards and cornices.



- Place bedding and other textiles in sealed plastic bags.



- Open the bags carefully inside the washing machine. **Then dispose of the plastic bags immediately with combustible waste!**
- Clean all textiles at min. 60 degrees Celsius and then tumble-dry. Next, place the cleaned and dried textiles in sealed plastic bags.
- Read the washing instructions carefully, to make sure the textiles can tolerate the temperature.



- Take down all curtains and picture frames.
- Vacuum and wash all floors.
- Clean thoroughly!

We offer environmentally friendly water-soluble plastic bags for isolating and cleaning textiles. Contact our customer service for more information, on tel. +46 771 122 300.

THE EXTERMINATION PROCESS



Before beginning extermination, we always do a risk assessment to determine the best extermination method and agent. The affected area is first treated with an agent that is applied in spray or mist form. Next, we apply a – for humans – non-poisonous powder along narrow openings and base-boards. The powder serves to dry out the bedbug's skin and the bedbug subsequently dies.

For severe cases, sometimes it is necessary to remove baseboards and cornices, carpeting and other joinery in order to treat the area properly.

No one may enter the treated area for four hours. It is fine to stay in adjoining rooms. Pregnant women, persons with allergies and children under the age of three should not enter the treated areas until 24 hours after extermination.

In addition to pest control treatment with pesticides, we offer heat treatment. It can take several weeks before all bedbugs are gone, and treatment may have to be repeated.

AFTER EXTERMINATION

- Clean thoroughly.
- Vacuum carefully and often.
- Do **not** wash the floors or floorboards for four weeks; washing before that may remove the pesticide.
- Clean bedding and other textiles regularly.
- Keep sleeping in your bed even if it makes you uncomfortable. When bedbugs come out from their hiding places at night, they will be exposed to the insecticide.
- Do not move furniture between rooms, as it raises the risk of spreading the problem.

We use only insecticides that have been tested and approved by the Swedish authorities. Our servicemen are trained and licensed by the National Board of Health and Welfare.

BEDBUGS THRIVE HERE



If you are affected by bedbugs, it is very likely that you will find them mostly within a radius of 1.5 metres from the beds. The marked areas show where bedbugs thrive best of all. Therefore, check baseboards and cornices, beds, bed frames, headboards and mattresses. Look carefully under-neath and behind bedside tables, in crevices and in upholstered furniture, as well as behind picture frames, curtains and underneath furniture.

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QUICK FACTS ABOUT BEDBUGS

How do bedbugs get into my home?

The most common way of getting bedbugs in your home is through luggage, overnight stays in another city or by buying second-hand furniture.

How do I know if I have bedbugs at home?

If you are affected by bedbugs, you will likely find most of them near the beds. Begin checking beds, bed frames, headboards and mattresses. Look underneath and behind bedside tables, in crevasses and in upholstered furniture. It is also common to find bedbugs near baseboards and cornices. Bedbugs can also be found in other places, such as behind picture frames, curtains or underneath furniture.

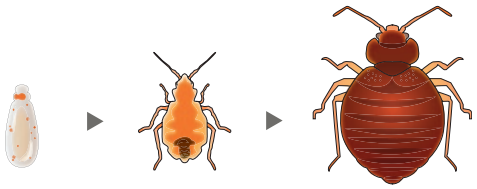
Do bedbugs spread germs?

There is no evidence that suggests that bedbugs spread disease.

How do I get rid of them?

It can be difficult to get rid of bedbugs once you have them, but it is possible. We can offer various methods for extermination. We work together with you to determine the most suitable method in your particular case. Contact us if you suspect you are affected or if you have questions about other pests.

The various stages of the bedbug's lifecycle:



Egg ▶ Nymph ▶ Adult

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