



# INFORMATION TO PROTECT YOURSELF FROM BEDBUGS

## 1. IDENTIFICATION

A black or dark brown **insect** measuring roughly 4 to 7mm. Baby bedbugs are of a clearer color. They are afraid of light, they have no wings, don't fly, don't jump. they live 6 at 12 month. The eggs hatch after 10 or 14 days, they eat every 3 or 7 days, but they can survive a longtime without eating.

Dried **bloodstains** on bedsheets or the edge of the bed ;

Black **residue** roughly the size of a needle head, situated



under mattresses and/or behind wall frames, furniture, baseboards, etc.;

Skin **outbreaks** accompanied with excessive itching.



## 2. PREVENTION

**Eliminate** any mess / disorder;

**Clean your room** with disinfectant essential oils with a repelling effect on insects;

**Do not salvage** furniture, mattresses, or other objects abandoned in the street;

**Inspect** used furniture or objects before bring them into your home;

**When returning from travels**, place your bags on a hard surface, outside of the living space, and make sure that your bags are not infested;

**If in doubt**, wash your clothes at a minimum of 60°C, put them through two dryer cycles, or freeze them for a minimum of 72h (at -20°C);

La Ciguë can lend you **a steam machine (the polty)** to kill the bedbugs;

And, except for an evident presence of bedbugs:  
**Vacuum often**, including under the bed (recommended 2x / week).

**CONTACT: "RESPONSABLES TECHNIQUES"**  
direct line to the office 022 331 45 36  
-----  
Vincent TAGLIABUE vincent@cigue.ch  
ou 076 442 48 57

## 3. ACTION

Immediately **contact** the "responsible technique" and your delegate so they may inform your neighbors. The Ciguë will take care of the detection and the disinfection. The reproductive cycle of the bedbug is exponential, so the earlier it is treated, the more effective the treatment will be;

**Wash** your clothes and sheets at 60°C and put them in hermetically sealed bags. You can also pass them through the dryer (2 cycles);

**Freeze** your personal belonging such as books at -20°C for 72h;

**Freeze** your voluminous objects (mattresses, couches) at your cost by contacting a specialized company that freezes furniture;

**Stick** thick double sided tape around your bed, the frame of your door, and around any aeration vents in rooms to avoid the spread of bedbugs;

**Wrap** your furniture in large plastic bags made available by the Voirie. Unless your wrap furniture properly, they will not retrieve it for disposal;

**You can also** dispose of your contaminated objects or belongings directly at the incineration factory of Chenevriers (route de Verbois 40, 1288 Aire-la-Ville, tel.022.727.41.11);

**Attention:** it is strictly prohibited to place contaminated objects in common areas of buildings, cellars, or the rubbish deposit in order to avoid their spread;

**Respect** the preparation procedure and follow-up of treatment required by the Ciguë. Non-adherence to the instructions can lead to the termination of your lease.

*This leaflet can be used as a flyer in your building or Ciguë flat.*

*Thank you for not littering.*



**CONTACT: RESPONSABLES TECHNIQUES**

direct line at the office: 022 331 45 36

Vincent TAGLIABUE [vincent@cigue.ch](mailto:vincent@cigue.ch)  
ou 076 442 48 57



# INFORMATION

**TO PROTECT YOURSELF FROM BEDBUGS**