PRHA Portsmouth Rotary Housing Association

HELP SPOT THE SIGNS OF BED BUGS

The sooner they are reported, the easier they are to treat

1 BED BUG BITES



- Often appear in lines or clusters
- Commonly found on arms, legs, neck and shoulders
- Can be itchy, but not everyone reacts

2 TINY BLACK MARKS



- Small dark spots on bedding, mattresses or furniture
- May look like ink dots or specks of dirt

3 LIVE BED BUGS



- Small, brown, oval-shaped insects
- About the size of an apple seed
- Usually found near beds, mattresses and upholstered furniture

4 BED BUG EGGS



- Tiny white eggs or eggshells
- Often found in mattress seams and cracks

5 MATTRESS SEAMS & HIDEING SPACES





- Bed bugs often hide in mattress edges, headboards and furniture joints

Bed bugs can happen to anyone and are not a sign of poor hygiene.

They can be picked up while visiting friends or family, travelling, or through second-hand furniture and belongings.

If you notice any signs, report them as soon as possible.



If you think you may have bed bugs, **contact PRHA immediately:**

02392 754791
enquiries@prha.co.uk
or speak to a Housing Services Officer

Together, we can keep our homes safe, comfortable and bed bug free.