PRHA Portsmouth Rotary Housing Association

HELP PREVENT BED BUGS

Working together to keep everyone safe

Bed bugs can travel easily between rooms and on belongings.
Bed bugs can happen to anyone and does not relate to poor hygiene.
They can be picked up while visiting friends or family,
travelling or through second-hand furniture and belongings.
Everyone's cooperation is essential to prevent them
from spreading.



1. LAUNDRY & CLOTHING

- Wash clothes, bedding, and towels regularly at 60°C or above
- Dry items on a high heat setting where possible
- Do not leave laundry sitting in communal areas



2. KEEP BELONGINGS CONTAINED

- Store clothing and personal items neatly in cupboards or drawers where possible
- Avoid leaving items on floors or in shared spaces



3. REDUCE CLUTTER

- Keep your room tidy to reduce hiding places
- Regularly vacuum floors and mattresses



4. BE CAREFUL WITH ITEMS

- Do not bring in second-hand items unless it has been thoroughly checked
- Do not take items from communal areas or other flats



5. AVOID SPREADING BETWEEN FLATS

- Limit moving items (bags, clothing, bedding) between flats
- Be mindful when visiting others



6. CHECK FOR EARLY SIGNS

Look out for:

- Small bites (often in lines or clusters)
- Tiny black marks on bedding or mattresses
- Live insects (small, brown, oval-shaped)

If you notice any of the above, report it IMMEDIATELY.



IMPORTANT REMINDERS

- ✓ Follow all instructions given during and after treatment
- ✓ Do not re-enter treated rooms before advised
- ✓ Continue preventative steps even if your flat has not been affected



If you need help or have any questions, please contact us:

02392 754791

THANK YOU FOR YOUR COOPERATION