




How to prevent bed bugs in your home


Bed bugs are small insects that are visible to the naked eye and often live on furniture or bedding. Their bites may be itchy and cause skin irritation, but they're not considered to be dangerous. Bed bugs are usually transported through travel and once in your home they can spread quickly from room to room. It's important that you take steps to prevent an infestation, as once they've established a presence in your home, it can be more difficult to get rid of them.

What do bed bugs look like?




Adult bed bugs are reddish in colour and are around six millimetres in length, roughly the size of an apple seed. An immature bug will be smaller than an adult, although these can still be seen with the naked eye. Immature bed bugs are often a translucent, whitish, yellow colour.

What causes bed bugs?




Bed bugs are common in places where people come and go frequently, such as hotels, hospitals, and public transport. They can hitch a ride on your furniture, luggage and clothing, and once inside your home they can hide in small spaces like wall cracks, floors or mattress seams without you knowing.

How can I tell if I have bed bugs?



The first sign of bed bugs will usually be small, itchy bites on your skin, and these often appear in clusters on your arms or shoulders. However, some people may not develop symptoms at all so you should also look for tiny blood spots on your bed sheets. After a thorough inspection you may then be able to see the bed bugs yourself.

How can I prevent bed bugs?



When staying in a room that isn't your own, you should inspect the bedding and furniture for signs of bed bugs and avoid placing luggage on furniture or the floor. You should also check your luggage when returning home from an overnight stay and wash any clothing, even if it hasn't been worn. Reducing clutter around your home, washing your bedding, and vacuuming frequently will also help to prevent an infestation.

Let us know if you spot the signs

If you've seen or spotted signs of bed bugs in your home, then please report it to us as soon as possible. You can call us on **0808 169 9301** or visit [samphire-homes.co.uk/contact-us](https://www.samphire-homes.co.uk/contact-us) and complete the form on our website.