

# DO YOU HAVE BED BUGS?

Bed bugs are a widespread problem in Norway and around the world.  
Here is what you can do to protect yourself.

## WHERE TO LOOK: BED BUG HIDING SPOTS

Bed bugs hide in cracks and tight spaces near the sleeping areas.



## WHAT TO LOOK FOR:

Closeup of a bed bug (5-6 mm)



Photo: Piotr Naskrecki

Physical bites



Photo: Hermann Luyken

Black or brown excrement spots



Photo: Pia Bjørklund

**Dirty living conditions DO NOT attract bed bugs,** but cleaning regularly and removing clutter will help you see and better control them.



Travel



Used  
Furniture



Airbnb

## Top 4 Things You Can Do To Stop Bed Bugs:

- Report problems quickly to your landlord or insurance company. Remember: this is a job for professionals.
- If you suspect bed bugs after travelling, your luggage must be treated with high heat or cold temperatures.
- Put bedding and other items in the clothes dryer using minimum 60 degrees. Freeze items made of wool or silk.
- Do not carry out infested furniture. Bed bugs may fall off and spread.

For more information: [hussoppen.no](https://hussoppen.no)



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