

## Bed bugs

Bed bugs are active at night, feeding on blood when people are asleep. Their bites cause itchy welts which result in disturbed sleep, stress and other problems. Bed bugs have become more common over the past 15 years. When people travel long distances and stay in many different places, there is a risk that bed bugs can spread. They can crawl into suitcases and bags and be carried from place to place. They may also hide in clothing.

When you arrive at the reception centre, your clothing and other belongings will be frozen or heat-treated to kill any bed bugs, preventing further spread in the centre. Bed bugs are not normally found on mobile phones, so these do not need to be treated. The treatment will also kill any body lice, which can transmit disease.

Thank you for helping us to keep the centre bed-bug free.



*Adult bed bugs are 5-6 mm long, reddish-brown, flat and wingless (illustration: Hallvard Elven).*