

## **PESTS IN THE HOME**

*Information and suggestions for tenants of rented properties*

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If you have pests in your apartment, you must contact your landlord as soon as possible to prevent them spreading. It is important for tenants to assist and follow the instructions received during sanitation and after-treatment to stop pests from coming back.

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### **Examples of pests**

There are different kinds of pest:

- Some attack food or textiles such as, for example, flour beetles, silverfish or carpet beetles.
- Some affect your body, for instance fleas and lice.
- Some attack timber, for instance the house longhorn beetle.

### **Bedbugs and cockroaches**

The spread of bedbugs and cockroaches has recently started to increase in Sweden. You need to be particularly vigilant and contact your landlord as soon as possible if you are affected, and then follow the instructions provided.

#### **Bedbugs**

Bedbugs are active at night and feed on human blood. They are 5 to 8 millimetres long, maroon in colour and resemble small, flat beetles.

Dark droppings, bloodstains on your sheets and a rash on your body following an insect bite may be signs that you have bedbugs. Check if you are uncertain by sticking double-sided tape around the bottom of your bed. If you have bedbugs, they will stick to the tape in the next few days. Be particularly vigilant if you taking home second-hand furniture such as sofas and beds; these can spread bedbugs.

Sanitation is required to get rid of bedbugs. The sooner you find out you have been affected, the easier it is to get rid of these bugs.

*Suggestions to avoid bedbugs when you are travelling:*

- Pack your clothing and other items in tight-fitting plastic bags.
- Store your luggage in the bathroom.
- Check the bed and any furniture close to the bed. Look for traces of bedbugs on the underside of the bed and under the mattress.
- Avoid putting your bag on or under the bed.

*When you return from a trip:*

Unpack your bag in a well-lit area some distance from home textiles (not on your bed). Washing, tumble-drying or freezing all of your clothing as soon as you get home is a good additional safety measure.

### **Cockroaches**

Cockroaches can eat your food, dirty your food, and give off an offensive odour. They also attack textiles, paper and leather. Cockroaches can spread infection and are regarded as a public health hazard. Cockroaches can grow to a length of 12 to 16 millimetres. They thrive next to ovens, heating pipes, fridge motors and other places with a temperature of between 25 and 33 °C. They are very averse to the light and hide in dark and poky crevices.

*Suggestions to avoid cockroaches:*

- Keep your home clean and tidy which will remove food for cockroaches.
- Keep your food in sealed boxes or plastic bags.
- Empty your rubbish frequently to avoid insects being attracted by the smell of food.
- Avoid leaving pet food out for lengthy periods.
- Watch out for areas in your home that have been damaged by moisture, where cockroaches thrive.

One suggestion if you suspect that you have cockroaches is to pull out your oven. If you do have cockroaches in your apartment, they will almost always hide there.

### **Larger pests**

Remember not to feed birds from your balcony or patio, as spilt food can attract rats and mice. If you discover mice or rats in your apartment or anywhere else in the building, contact your landlord or the sanitation company with whom you have an agreement to resolve the problem.

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### **Common pests**

*Pälsänger & pälsängerlarv/Carpet beetle & its larvae*

*Vågbandad pälsänger/Attagenus woodroffei beetle*

*Brödbagge/Biscuit beetle*

*Fläskänger/Larder beetle*

*Husbock/House longhorn beetle*

*Mjölbagge & mjölbaggelarv/Flour beetle & its larvae*

*Klädlus/Body louse*

*Loppa/Flea*

*Dammlus/Deathwatch*

*Vägglus/Bedbug*

*Fruktmott/Indian meal moth*

*Mottlarv/Moth larvae*

*Faraomyra/Pharaoh ant*

*Silverfisk/Silverfish*

*Kvalster/Mites*

*Fågelkvalster/Fowl mite*

*Klädesmal/Clothing moth*

*Råtta/Rat*

*Mus/Mouse*

*Kackerlacka/Cockroach*

*Contact your landlord immediately if you suspect that you have pests in your apartment. Follow the instructions provided during sanitation.*