

What are bed bugs?

Bed bugs are small wingless insects that feed on the blood of warm-blooded animals, such as humans, birds, rodents, bats and pets.

Young bed bugs are about the size of a poppy seed and adults are about quarter of an inch in length. Their bodies are oval and flat, and their color ranges from nearly white (after molting) to deep brown (after feeding).

Bed bugs come out at night to feed and live in cracks and crevices.

Do bed bugs spread disease?

Bed bugs are not known to spread disease. Bed bugs inject a small amount of saliva into the skin while feeding. An allergic reaction to the saliva may cause the area around the bite to become swollen and itchy. Do not scratch bites, as this may worsen the irritation and itching and may lead to a secondary infection.



Bed bug bites.

How do bed bugs travel?

Bed bugs move from place to place by "hitchhiking" in items such as luggage, backpacks, even furniture. They can survive and thrive in a variety of spots: houses, apartments, hotel rooms, college dorms, etc..



What you need to know about Bed Bugs



How can I avoid bedbugs while traveling?

Check for bed bugs right after entering your hotel room.

- Place luggage on the luggage rack. The metal or plastic legs of the luggage rack make it hard for bed bugs to get into your suitcase.
- Keep luggage rack away from walls.
- Check the mattress and headboard for signs of bed bugs.
- Pull sheets back and check for dark brown spots on the mattress.
- Check crevices and creases of mattress for shed skin, live insects or fecal matter.

Can bed bugs be transferred from one person to another?

Bed bugs generally are inactive during the day, so the possibility of transferring them from one person to another is very low. Remember, however, that bed bugs move from place to place by hitchhiking. Therefore, you should always check your luggage and related items when you travel. And, by all means, do not bring home discarded furniture. When buying used furniture, inspect it very closely before bringing it into your home.

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What if I think my hotel room has bed bugs?

Most good hotels have a plan in place to deal with bed bug infestations. If you believe a room is infested with bed bugs, notify the front desk immediately. You will most likely be moved to another room.

To prevent bringing the bed bugs with you to the new room, have clothes washed in hot water and dried in a commercial dryer for one hour and store luggage in a sealed plastic bag.

How do I prevent bringing bed bugs home with me?

If you have visited a dwelling infested with bed bugs, the following procedures will help prevent you from bringing the pests home.

- Wash all clothing in 50°C water and use a machine dryer set on hot before or as soon as the clothing is brought back into the home.
- Suitcases should be carefully inspected, scrubbed with a stiff brush, and thoroughly vacuumed.
- Seal the luggage in a plastic bag for several months to prevent bed bugs from feeding, and they will eventually die. Bed bugs can live several months without a blood meal.
- Leaving luggage for several hours in a closed vehicle in full summer sun may also kill bed bugs and eggs.



Bed bugs infestation.

What if I think my home has bed bugs?

Several different kinds of insects resemble bed bugs, so any bugs found in your home should be carefully compared to pictures to confirm their identify. Eco Solutions pest control expert can accurately identify the insects you collect.

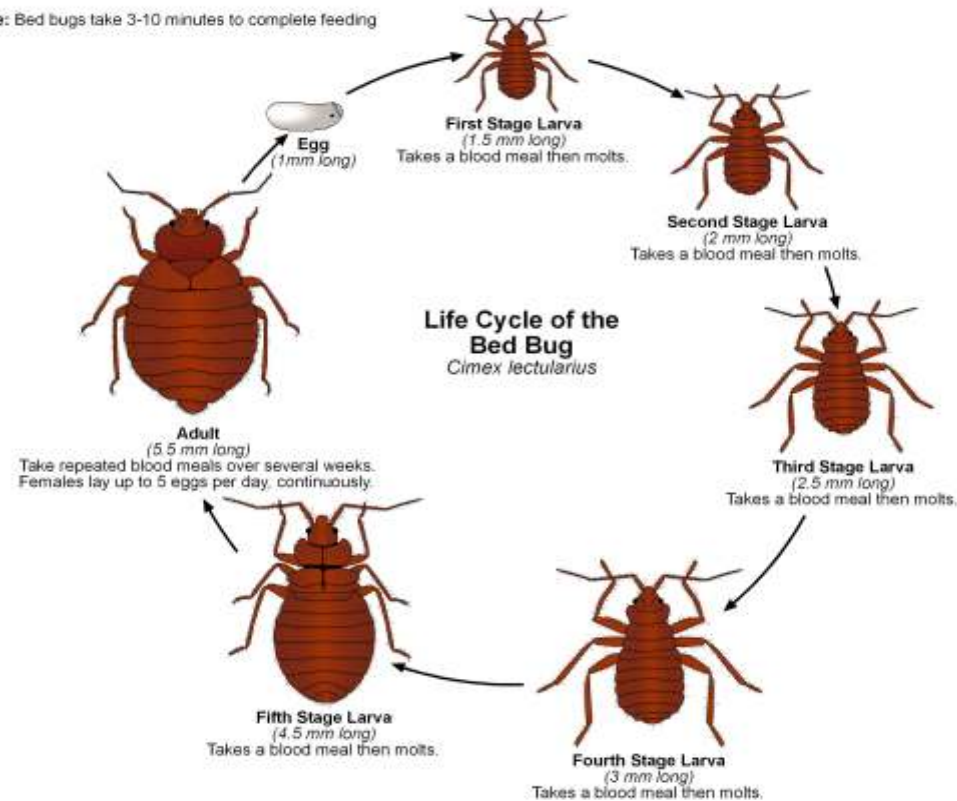
Once you have confirmed the presence of bed bugs, devise a plan to rid them from your home. There are several things you can do to rid bed bugs from your home:

- Contact Eco Solutions pest control, delay or failure to treat promptly and effectively may cause the infestation to spread, making control more difficult and expensive. It will be necessary to thoroughly inspect the premises to identify all harbourages. After the initial treatment, follow up inspections are required, usually with repeated treatments to completely eradicate bed bugs.
- Reduce clutter to reduce hiding spaces for bed bugs.
- Thoroughly clean all rooms.
- Scrub infested surfaces with a stiff brush to dislodge eggs.
- Dismantle bed frames to find hiding places.
- Remove drawers from furniture and turn furniture over, if possible.
- Use a powerful vacuum to remove bed bugs from cracks and crevices.
- Seal used vacuum bags in a plastic bag and place in the outside trash.
- Steam clean carpets to kill bugs and eggs that the vacuum missed.
- Encase mattresses and box springs
- Place the bed frame legs into dishes or cups of mineral oil (bed bugs cannot crawl up slick surfaces).
- Caulk and seal all holes where pipes and wires penetrate walls and the floor.
- Fill cracks around skirting boards.
- Clean behind picture frames, switch plates and outlets, and inside clocks, phones, televisions and smoke detectors.



- Infested bedding and garments must be bagged and washed in a minimum temperature of 50°C and dried in a machine dryer set on hot for at least one hour.
- Individual items can be wrapped in plastic and placed in a hot, sunny location for at least a few days or in cold temperature (below 0°C) for at least two weeks.

Note: Bed bugs take 3-10 minutes to complete feeding



How did bed bugs get into my home?

Bed bugs come out at night and hide in the presence of light. Their size and shape make it easy for them to hide:

- In the folds and creases of bed linens
- In seams and tufts of mattresses and box springs
- Within pleats of curtains
- Beneath loose areas of wallpaper
- In corners of desks and dressers
- Within spaces of wicker furniture
- In laundry
- In the space between the carpet and skirting boards.

Bed bugs are efficient hitchhikers and are usually transported home on luggage, clothing, beds, furniture, etc. Travelers returning from countries where bed bugs are common bring bed bugs home in their luggage or clothes.

The cleanliness of the dwelling has little to do with the level of bed bug infestation. Bed bugs will thrive in any location where there are warm-blooded hosts and plenty of hiding places.



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