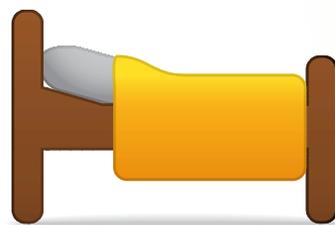


BED BUGS BASICS



Are **Bed Bugs** Bothering You?



Prepared by:



After returning from a long, relaxing vacation, you often bring home souvenirs to remember what a great time you had. However, the last thing you want to discover is that one of those souvenirs is bed bugs.

So, how do you avoid bringing bed bugs home from your vacation? And, if you do get bed bugs, how do you recognize and eliminate them? This guide walks you through everything you need to know about bed bugs — from preventing bed bugs from hitching a ride home to recognizing the signs of a bed bug infestation and finally getting rid of them for good.





Dark spots found on the mattress, live bugs, and small white eggs are all signs of an infestation. Bed bugs often hide in dark places, such as the seams of mattresses and carpets. To check these places, you can use the flashlight you packed before leaving on the trip.

IMPLEMENT CONTROL MEASURES AT HOME

Upon returning home, it is important to continue to be vigilant in case any bed bugs managed to slip into your luggage. Therefore, each item in your luggage should be checked carefully. Conducting this inspection on a light-colored surface can make it easier to see any bugs. Once everything has been inspected, all washable fabrics will need to be laundered on the hottest setting. Then, they will need to be dried for at least twenty minutes. By following these steps, you can be certain to avoid bringing pests home from your travels.

Avoid Bed Bugs When Traveling

Recently, bed bug infestations have been increasing throughout many cities. According to the U.S. Environmental Protection Agency, this is believed to be related to increased travel throughout the world combined with a lack of knowledge among travelers regarding bed bug prevention methods. Fortunately, there are several ways to avoid bed bugs when traveling so you won't risk transferring these pests to your home.

PREPARE BEFORE THE TRIP

The New York City Department of Health and Mental Hygiene recommend taking several measures to prevent bed bug infestations before leaving on a trip. Pack clothing in re-sealable bags, which will keep bed bugs out. Additionally, if you will be staying in a hotel, take a flashlight to inspect your room. Ideally, all luggage should be made from a rigid material, which will prevent bed bugs from latching on and coming home with you.

ALWAYS INSPECT FOR SIGNS OF AN INFESTATION

No matter how clean or well-reviewed a hotel or other type of lodging may be, it is always possible for bed bugs to be present. This is because of the vast amounts of travelers coming to and from, and because many of the typical cleaning practices of hotels are just not effective for eliminating bed bugs. Therefore, you should inspect the room for signs of bedbugs upon arrival.





How Do I Know If My Bug Bite Is from a Bed Bug?

What if preventing bed bugs was the last thing you were thinking about while you were on vacation? And after returning home, you start to notice that you have some bug bites. How do tell the difference between bed bug bites and other bug bites?

Unfortunately, bed bug bites can be difficult to identify due to their resemblance to bites from other types of stinging and biting pests. While it may be hard to differentiate at first, there are some telltale signs that can point to a bed bug problem. If you have recently suffered a suspicious bite and are concerned about its origin, here is how to determine if your bite may be the first sign of a serious infestation.

HOW TO VISUALLY IDENTIFY A BED BUG

Bed bugs are nocturnal feeders, which means that people often wake up to discover that they have been bitten in their sleep. If you wake up to a mysterious bite, then it may be necessary to conduct an investigation around your sleeping space to find out if bed bugs are lurking in or near your bed.

Bed bugs are tiny, which can make visual identification challenging, yet adult bed bugs can be seen with the naked eye. According to the New York City Department of Health, bed bugs are approximately the size of an apple seed with flattened bodies ranging from a brown to reddish color. They are usually found in mattress seams, but they may also be discovered in clothing, bedding, or behind wallpaper located near the bed.

SYMPTOMS OF A BED BUG BITE

Although some people do not react to bed bug bites, the severity of a reaction can range from mild swelling to severe anaphylaxis. It is also important to note that it may take several days for a reaction to occur. Therefore, new bites may have been acquired from a different location than your home.

For most people, a bed bug bite will appear as small, pink or red welts on the skin. Unlike other common stinging insects, bed bugs will often leave bites in a line as they feed. Anytime bites

appear in a pattern, bed bugs may be the culprit. Those with an allergy to bed bugs may experience other reactions such as asthma attacks, infection, and severe swelling.

SIGNS OF AN INFESTATION

Rashes may be caused by bed bug bites. According to Virginia Tech, a suspected bed bug bite should always include an inspection of one's home to correctly identify the source of the skin reaction. Visual sightings of a bed bug are the most obvious way to make a positive identification. However, bed bugs also leave behind several other signs that an infestation is in progress. Black specks located along the mattress or walls may be fecal spots left by bed bugs. Molted skins may also be detected behind headboards or inside of mattress seams.

It is important to carefully investigate the circumstances surrounding a suspicious bite so that a positive identification can be made. If you do discover that your bite was caused by an active infestation of bed bugs, take care to implement effective control measures as recommended by a qualified pest control technician. This way, you can avoid potentially hazardous bites while safeguarding your health.

EFFECTIVE REMOVAL STRATEGIES

Once a bug bite has been attributed to a bed bug problem, it is important to act quickly to have them removed. It is important for everyone to understand that these infestations will not go away when they are left alone.

According to the New York City Department of Health, the most effective way to remove bed bugs is by working with a professional pest removal company that specializes in eliminating infestations. Typically, professional bed bug removal services may take several visits and may require follow-up care to ensure the bed bugs are completely gone. You can help throughout the process by sealing cracks around your home and remaining alert for signs of a re-infestation.



ALTERNATIVE SOLUTIONS FOR BED BUGS: HEAT TREATMENTS

If you're not quite comfortable with pesticides being used in your home there are alternative methods. In fact, by using methods other than pesticide, you may be alleviating some reasons why bed bugs have become such a wide-spread problem. According to the Centers for Disease Control, one of the reasons for bed bug infestations reaching epic level proportions is due to their increasing resistance to commonly used pesticides.

For this reason, more property owners are beginning to explore alternative solutions to pesticides. One solution for bed bugs involves using heat to eliminate infestations.

ADVANTAGES OF USING HEAT TREATMENTS

In addition to providing a way to get around pesticide resistance, heat has several other advantages over other pest control methods. Those who have respiratory health issues that are aggravated by pesticides, such as asthma and allergies, may find that heat offers an effective way to kill bed bugs without causing breathing problems. Heat is also non-toxic and can be used in homes with children and pets. Heat treatments also work on all stages of a bed bug's life cycle and can be used to eliminate infestations from the earliest stages to a full-blown house invasion.

HOW HEAT TREATMENTS WORKS

For heat treatments to be effective, they must reach a high enough temperature to kill bed bugs and their eggs while lasting long enough to ensure every bug has been treated. According to research done by the Virginia Tech Department of Agricultural Studies, bed bugs can die within 20 minutes when they are exposed to temperatures of 118 degrees Fahrenheit or more.

TYPES OF HEAT TREATMENTS

There are several different types of heat treatment methods that can be used depending upon the size of the infestation. Clothes dryers can be used to treat clothing, bedding, and other household items that may not be safely treated with pesticides.

Professional heat treatments involving steam can also be used to treat mattresses and furniture. For large-scale infestations, professional bed bug



control services can also use hot-air treatments that can cover an entire room or building. Newer technologies are also now available to bring hot-air treatments to a smaller (more affordable) scale. Hot House treatments will allow a pest technician to quickly and efficiently eliminate bed bugs from mattresses, couches, and all other infested large furniture.

When bed bugs invade a building, it is important to act quickly to eliminate the infestation before it becomes out of control. Heat treatments are one alternative solution to controlling bed bugs that is proven to eliminate bed bugs and their eggs while preserving your home furnishings. This way, you can enjoy a healthy home that is pest-free.



A BED BUG FREE ORGANIZATION

Bain Pest Control Service is proud to be a BedbugFREE company. BedbugFree is the establishment of a network of pest management professionals throughout the United States that share a similar philosophy and approach to bed bug management as BedBug Central. BedBug Central only recommends the best companies for bed bug removal to ensure that homeowners and tenants in need of professional bed bug services hire only the best professionals to get the job done right.

As BedbugFree members, Bain Pest Control shares in the following philosophies pertaining to bed bug education, removal, and prevention.

- A commitment to educating clients about bedbugs. This includes providing a variety of fact sheets, communicating findings and observations of bedbug services and providing educational seminars.
- A multi-disciplinary approach to bed bug management that includes both chemical and non-chemical measures (i.e. steam, vacuums, extraction tape etc.)
- Utilizing different strategies specifically geared for addressing bed bug eggs that are not easily dealt with through chemical means.
- Use of high quality mattress and box spring encasements as opposed to treating mattresses with pesticides.
- Thorough follow up program that is not based upon a maximum number of visits, but rather is based upon the current status of bed bug activity.
- Well defined methodology for determining when an infestation has been eliminated.
- Provide recommendations to property managers regarding the importance of including surrounding units in the scope of work in multi-occupancy settings.
- Effective Steaming Procedures.

With such a strong philosophy backing our bed bug removal techniques, you can trust Bain Pest Control Services to provide you with a program customized to meet your needs and exceed your expectations.

bedbug!
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The **Authoritative** Source for Information



You've learned how to avoid bringing bed bugs home from your vacation, how to recognize a bed bug infestation, and your options for treating that infestation. You can use this information to make informed decisions when discussing your bed bug infestation with a pest control professional. However, where should you start looking to find a pest control professional that you can trust to eliminate your bed bug infestation for good?

When a pest issue arises in your home, you want your problem addressed as quickly as possible, Bain Pest Control Service has the resources to quickly solve your pest problem in a professional manner. Our highly trained technicians receive up-to-date training and our supervisors perform regular quality checks to bring you peace of mind. We're diligently working to provide you with the highest quality of service.

If you have a bed
bug infestation, call
Bain Pest Control
Service today!



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