

**"Bed Bugs: What You Didn't  
Know About This Silent  
Insect"..**



**Alternative Treatments to Rid  
Your Home of Them.**

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### Introduction

Bed insects are not something that most of us really want to talk about. Actually, there are few factors that are this worrisome to discuss. Yet, it is essential that homeowners are conscious of this risk.

You may think of a bed bug as just something from a riddle from when you were a kid. Often, our mother's and father's would say to us, "Don't let the bed insects Bite." Yet, the truth is that this can and does occur nowadays.

Bed insects are little animals that are difficult to see and hard to notice. Yet, their existence is something that will cause you not to rest well in the evening. Often, the thought of bed bugs can deliver chills down our spines.

So, as a house owner what should you do if you think that you may have this attack in your home? What should you look for when you check out a resort, hotels or sleep at someone else's home? A bit of education and learning on this topic really can help you to know what to anticipate, what to look

for and what to do about it.

Bed insects are increasing in inhabitants all over the globe. Today, there are more and more of these little creatures coming returning into houses and this is somewhat of a fear. Just like a annoying ant or fly, you need to work on at getting rid of these animals so that yourself your family members can remain secure and safe.

#### What You'll Discover Here:

In our e-book, you will discover significant amounts of information that you need to have. All in all, you will understand about these creatures such as factors like where they came from, what they are all about and what they are doing in your bed linens.

It is also essential that you know what to do if you think you may have bed insects in your house. We will offer you with a detailed look at how to rid your house of these awful little insects.

Bed insects can be terrifying and troublesome, but that does not mean that you can not get rid of them and keep them gone.

Taking the first step in that search is to educate yourself about this species and then to learn what you can do to protect yourself and your loved ones from it.



How I got rid of bed bugs from my home; and how you can do it too. Go to or Click this link below:

<http://tinyurl.com/p5zyt3p>

## Chapter 1. What Are Bed Bugs

Bed insects. You have often heard the phrase but do you really know anything about these creatures? Most individuals do not. Many do not even understand that they actually do exist. But, they do and they may be concealing in your house, in your bed linens or even in your carpet.

It is essential that you take a lot of time necessary to explore these unwanted pests. By doing this it will help you to be successful in treating them, and having a house that is totally exempt from an attack of the most severe type. While some of the details you will study here is a bit graphic, you will understand from it just why it is so essential for you to rid yourself and your house of these unpleasant little creatures.

### What Are These Bugs:

The bed bug is a animal that prefers to feed off of humans. It is his meal of choice. If they can not discover a individual to feed from, they will choose other heated blooded creatures to use as a alternative for their necessary feeding habit. This can consist of your pet dog or cat. It also includes birds, rats or any rodents and bats as well. Their meals is that of the host's blood vessels.

With that being true, you usually discover these creatures in locations were there is meals for them. They are discovered in houses and in other locations where there is a lot of warm blooded hosts. This would consist of in locations like resorts, hotels, housing, apartments,

college dorms at universities, and even jails. Anywhere that there is an excellent resource of individual hosts, in huge quantities, is a great place to discover bed insects.

#### How Do They Get There:

If you have a house, you may be thinking how these insects have gotten into it. One of the significant techniques in which bed insects do invade is through means of transportation that we all use. Often, they can be transported by busing, trains, and various kinds of traveler and professional delivers and even in the airways.

They can basically invade these locations because there is a lot of hosts situated in them. Because there is usually a lot of individuals in any of these locations at some point in time, they make for the perfect place to be if you are a bed bug.

So, how do they get from these transported models into your home? Bed insects are able to be transferred from any of these transport methods to your house often.

- They can be transferred through the outfits/clothing of their host individuals.
- They can be transferred through the baggage that comes from an contaminated/infested place.
- They can come through furnishings that is taken on board one of these models.
- They can come from bed linens as well.

There are a lot of methods in which the bed bug can make

his trip from one place to the next. Most times, individuals have no concept that the place they are remaining in, such as a resort, is swarmed with infestation bed bugs. They then come home; baggage's loaded, transporting the bed insects with them.

Within a matter of minutes, the bed insects have started growing in big numbers and can quickly shift from one place to the next. Soon, there are army of them. They will keep you thinking just where in the 'Hell' they came from in the first place.

#### Hygiene And Bed Bugs:

One factor to observe is that if you have an attack of bed insects in your house, this does not mean that you are a bad maid/housekeeper.

Bed insects are very flexible and powerful creatures that are more than able of concealing and hiding in locations where you may not ever look.

In reality, they would want to reside in a house that is fresh and clean anyway. That indicates that if your house is fresh, you may still have the existence of bed insects in it.

Also, it does not mean that you have inadequate cleanliness yourself if you have bed insects in your house. Again, bed insects do not want to stay in a unclean house or apartment, although they will if they have to.

You do not have to be a dirty individual or reside in a dirty house to have an attack of bed insects in your house.

Later in our e-book, we will discuss what the bed bug does and does not respond to. It is essential that you know now, though, that most bed insects are not going to respond to the same programs that you kill with ants or other unwanted

pests that invade your house. Keep in mind, they use their hosts for feeding. They need blood vessels to be continual. Therefore, they are not going to actually respond to foodstuffs that you put out.

Before you begin to worry if you have bed bugs in your home, take the necessary time to insure that these little creatures are not there by knowing what they look like, what they do and what possible clues you have.

Bed insects may be something that is a bit terrifying, but you can understand what to do to cure them. And, although you may not want to listen to it, it is likely that the bed bug will be discovered in your house at one time or another. Therefore, if you do not have an attack right now, you should take the necessary steps of what can occur if you do.

## Chapter. 2 What Do Bed Bugs Look Like

Now that you know a bit more about this bad insect, it is time to explore what they actually look like.

You will discover a few images situated here to help you, but it is essential to study the necessary details about them as well. Bed bugs are generally mistaken for other unwanted pests in the house. Or, you may think that you have bed bugs in your house when you actually do not but have some other pest hiding there.

If you plan to cure bed bugs, you need to have proper identification of these insects. Here are some key factors to help you to recognize them.

⊙ In their adult level, they are darkish brown to a red shade of brown.



- ⊙ They are an oval form but they are also flatten out.
- ⊙ In dimension, the older bed bug is about  $\frac{3}{16}$  to  $\frac{1}{5}$  of an inch lengthy.
- ⊙ When they have just had a food, the bed bug is swollen looking. They will be more longer now and have a dark red shade to them.
- ⊙ On the top side of their heads, they have what looks like a beak that allows them to stab and pull from their mouths.
- ⊙ Adult bed bugs do have wings. These wings do not allow them to fly, though. They are little in dimension and are very short looking.
- ⊙ The egg of bed bugs are white-colored or without color. They will darken in their shade as they age. They will eventually have a darkish shade to them when they are mature.
- ⊙ The nymphs look a lot like that of the older bed bugs in their overall look, just at a compact sized dimension.

#### They Look Like Others:

Bed bugs are generally mistaken for other bugs that are in the same close relatives, (Family Cimicidae) or in a carefully related one. They are often confused with *Cimex adjunctus*, which are bat bugs or with *Cimexopsis* spp which are fireplace swift bugs. The swallow bug, *Oeciacus* spp is also confused with bed bugs quite often.

Often the only way to know if a bug really is a bed bug is to have an experienced professional look at it. A microscopic lense is used to determine if the insect has

the tell story features of a bed bug, as we have described above. It is often necessary for a experienced entomologist to do this kind of research as most can not tell the distinction from these animals listed to the bed bug.

Pictures:

Here are some images of bed bugs that can often be used to help differentiate the look of a bed bug:

Here is an image of a bed bug. In this image, the bed bug has not consumed and therefore has it's tell story compressed look about it.



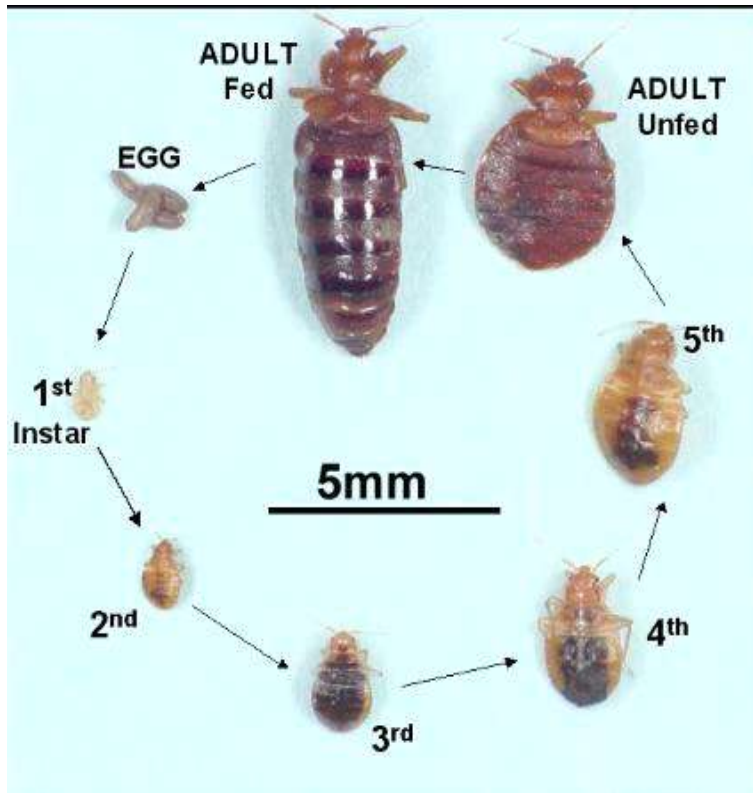
In this image, you can see the dimension distinction between a bed bug that has consumed and one that has not. As they eat, they become pointed. They are also in-flamed and are therefore wider.



In the following image, take plenty of time to see what the bed bug looks like in various levels of its lifestyle. The

bed bug is commonly discovered in the same place at all these levels. If you have older bed bugs, you will also have egg. This is what make it difficult to cure the bed bug, because as you may destroy off the grownups, the egg may still be existing.

### The Life Pattern Of The Bed Bug:



In this last image, you can see just how little a bed bug really is. This will explain to you just how difficult it can be for you to notice that they are there.



Remember, though, that it is quite difficult to really tell if a pest that you discover in your house is actually that of a bed bug. For example, if you reside in an place that may have several of these carefully relevant species; you might discover that you do not have bed bugs after all.

For example, if you reside in the Area of the United States. Most often, you may think that you have discovered bed bugs in your house. But, it is much more likely that you have discovered a bat bug instead.

If your suspicious that you may have them, get in touch with a local inspector to help you to recognize them.

### Chapter 3. Where Are Bed Insects Found

Now that you know what the bed bug looks like, you need to determine where it is that bed bugs can stay.

Like all creatures, bedbugs choose certain factors about the locations that they reside in. While they may be able to live just about anywhere, these creatures do have choices.

Bed Bug Species:

There are two kinds of primary bed bug varieties.

⊙ Cimex Lectularius: This is the typical bed bug that you are most likely to discover.

⊙ Cimex Hemipterus: This is known as the exotic bed bug because of the locations that it likes to reside in.

Where They Are:

You can usually discover bed bugs residing throughout the world. Yet, as we described they do appreciate particular climate regions.

⊙ Cimex Lectularius, the typical bed bug is commonly found in locations that are chilly in temperature ranges. They are discovered in locations of Northern America, in locations of Europe and in Japan as well. In these locations, the bed bug tends to be in the chilly areas as apposed to the hotter or tropical areas.

⊙ Cimex Hemipterus, this is the exotic bed bug. It is commonly situated in hotter temperature ranges. It is a sub form of the other in which the bed bugs have adapted to the hotter temperature ranges. This exotic way of bed bug is discovered throughout locations such as in the tropical climates. They are discovered in Africa, Japan and throughout North and Southern of America, in the exotic areas in these locations. This particular bed bug is only discovered in the Florida area of the United States.

Are You Secure/Safe Then?

Just because you reside in one of these locations does not mean that you have to have bedbugs in your houses. As you will see later on in our e-book, there are things that you can do to avoid them from getting into and infesting your

home and residence.

Likewise, this does not mean that if you do not reside in one of these locations described that you can not have bed bugs in your home. It is very typical that bed bugs will spread from one place that is swarmed to another that is not by several means.

They can easily shift from one place to the next just as you would. They shift from one place to the next through transportation means that you use.

For example, if you check out California or Florida in June for a wonderful vacation, you could probably bring the bed bugs home with you in your baggage, on your person or in your clothing and bed linens items. They can endure a great deal of time without feeding-- so you may not even notice them on your outfits when you get home.

What is important to know is that the bed bug truly can move from one place to the next without being discovered.

As we discussed before, the bed bug is a very small insect and one that is likely to go unseen. It can do this easily because it is so little and smooth. It can cover up in the small cracks and crevices throughout your outfits or baggage.

A exotic bed bug from California or Florida probably can breed in other areas of the united states or Countries, based on the environment and the warmth of that place. So, even if you do not reside in one of these locations in which bedbugs are usually discovered, that is not to say that you can not bring it back to your home with you.

## Other Specie Infestations:

There are several other kinds of bed bugs that should be mentioned. These are from the same near relatives as the bed bugs that we have discussed, but they are a bit different in their responses and where they will stay.

⊙ *Leptocimex Boueti*: In this way of bed bugs, the bed bug is discovered in the exotic locations of Western Africa as well as being discovered in Southern/South America. This bed bug will also infest bats as well as human beings.

⊙ *Cimex Pilosellus* and *Cimex Pipistrella* are two kinds of bed bugs that usually infest bats throughout the bat population in almost all locations in which the bat is found.

⊙ *Haematosiphon Inodora*: This is the kind of bed bug that is discovered in Northern America. Yet, this bed bug prefers to get chickens instead of contaminating individuals.

⊙ *Oeciacus*: This is not absolutely that of a bed bug, but shares many of the same features and is commonly thought of as a bed bug. In this insect, the pest will infest more birds than it will the individual human being. It can be usually discovered throughout locations in which there is a huge bird inhabitants.

While these other forms are located around the world, they limit their connection with humans to that which is just necessary. Some species will use a human host or any other warm blooded creature that they can get into contact with and the location of them does not matter, then.

## More To Know About Infestation:

There are many locations that the bed bug is concealing. You maybe thinking that perhaps they are only discovered in your bedding, but this is very much not true. Actually, the bed bug is a very disobeying animal and is more than able of being where you do not know it to be.

Size wise the bed bug is very little and so smooth that it can fit into a places that is just wide enough for a bank cards. A space that slim is huge enough for them to crawl through.

The toughest time to discover bedbugs is during the daytime. You will discover them concealing in little, invisible locations. Here are some locations to look for them:

- ⊙ Bed mattress joints and interior, usually they are completely out of vision here.
- ⊙ In furnishings, especially furnishings that is near the bed or in the bedroom space.
- ⊙ The bed structure can home them during the day time hours too.
- ⊙ Rug that is luxurious/plushy may offer enough area for them to cover up.
- ⊙ Base panel or in other items discovered in the bed space.
- ⊙ Mirrors frames, picture frames, within of books or magazines, within phones books, inside curtains..these are all great locations that they would cover up.
- ⊙ Couches and other locations in which you spend a decent



amount of your time watching TV or Relaxing --can harbour them.

⊙ They can cover up under surfaces, like wall paper that has been loosen-up, in the breaks in the plaster on your surfaces, under wall coverings of all types, and even in your roof molding in your home.

⊙ Examine the electric container box, your door entrance support frames, your windows and your screen supports.

⊙ If you have surfaces to surfaces carpeting, do not forget to get under the carpeting to look for them. Do not stop there; they are under the carpet tack holders, that support under your carpet too.

As a common principle, the bed bug is likely to venture upward, external and almost anywhere that it can easily move and cover up behind. They like to be out of vision and out of light, so look for them to cover up.

The heaviest infestations can allow them to be seen more often. Of course the last thing you want is to have more bed bugs to deal with! In this case, they can be seen in larger groups and are often more visible because of this.

Generally speaking, a bed bug will remain within 100'ft or so of its hosts. Usually it's feeding off the host when he/she is relaxing and sleep in the evening. They only need to feed once every five to ten times, so this allows them to journey from place to place between feedings. They can be discovered almost any place in the home, workplace or other residing.

How Many Are There?

Learning that you have bed bugs is something that is very

troubling. Most individuals will think that they just have too many nasty flying bugs around, but the truth is that there may be bed bugs concealing about.

If you know that you have bed bugs in your home, you now need to figure out how many you have so that you can properly dispose of them.

Unfortunately, there is not one sure fire way to know that. The greatest aspect in identifying how huge your infestation is will be to figure out, or try to figure out, when time of the preliminary attack occurred.

If you keep in mind from previously, we discussed how the bed bugs have gotten into your home. They probably have come in through you or someone else bringing them in while they were journeying. But, you should also keep in mind that no matter where you may have gone, as long as you go to a location that is swarmed with them, you will and can bring them home with you.

This indicates that you can just go to a neighbor's home that is swarmed with bed bugs and they may come home with you. This is especially true if the bed bug attack is very huge. It is much more typical that they will be concealing in outfits that is loaded in baggage, though.

So, How Do You Know?

It is very typical for bedbugs to recreate easily, which you will discover more about in a few sections. But, what is important to observe is the chance of more than one infestation in the home.

For example, you may have your preliminary attack infestation in your bedroom, in your bed. Perhaps you brought them home from a vacation you took in the baggage. You have no idea that they are there. But, they are. This would be your main and

first attack place.

Now, what if your kid is resting in your bed? They can possibly bring the bed bugs back to their bed as well. Now, you have an extra place of an attack of bed bugs in your home.

It is essential that you seek out help for finding all of these hidden infestations and get treatments for them right away. This is the best method of preventing a very large infestation that is harder to control.

One Note:

While bed bugs can be situated in almost any place of your home, they are most usually discovered near to their host. The host, of course, is you the near by relatives. While they can be in any place of the home, it is most typical to discover them in the bedroom space and likely on or in the bed itself.

But, if you have an attack in your bed, you will want to check out the rest of the home as well to avoid further problems from happening. Look in locations such as your living room, your carpeted locations, your other mattresses and furnishings. Make sure to look in locations that are dark, breaks that are obvious and in little cracks that can be found. You are not likely to discover them outside, but they can be concealing in your pet's bed linens as well.

A thorough search should include all of these areas of your home.

#### Chapter 4. A Brief Recorded History Of The Bed Bug

You may not think of a creature like the bed bug of having a history, but this one does. Actually, it has been

discovered that this is one of the most powerful species of all creatures existing on the Earth because of what it has achieved.

While most people would be okay with the bed bug being extinct this is anything but what is likely to occur over the next coming years.

#### A Look Back:

Taking a look back, it can be discovered that the bed bug has been founded in historical documents. It is generally known that the bed bug has been around for centuries, probably as long as people have populated the earth as well.

The bed bug was first known as a pest in the Seventeenth century. They came to America just as the settlers did. They traveled with them on board the ship vessels that were used by immigrants. With each new wave of settlers came a new wave of bed bugs.

#### The 1940's and 1950's:

In the 1940's and the 1950's, the USA was using a product known as DDT. This is known as the first kind of pesticide that was used. It was first designed in the early period of World War II. Its objective was to quit the spread of contagious illnesses such as malaria and typhus by killing off the nasty flying bugs and other unwanted pests that assisted to distribute the disease.

DDT was used throughout the (army, navy, marines, etc) but it was also used by individuals as well. This permitted it to be used heavily and almost everywhere in the USA readily. It was even used as an farming pesticide too.

So, what does this have to do with the bed bug? DDT actually

almost triggered the annihilation of the bed bug in North America. During the center of the Last millennium, it was hard to find a bed bug.

Are They Gone, Then?:

Unfortunately for most individuals, the bed bug did not die out during this time period-- but over the last several years has staged a come back that is huge enough to cause them to re-infest many places easily. Northern part of 'The united states' has seen a tremendous development of bed bugs in the last ten or so years.

But, there is something different now around...DDT is no more used nowadays as a way to destroy pests. It was banned from use, as were other items that are just like it, as it was discovered to be risky not only for the bed bug and other unwanted pests but also to the individuals them self's.

This presents as bit of difficulty for those that are trying to treat bed bug problems nowadays. Many of the items that are used nowadays are just not efficient at dealing with these unwanted pests. In reality, the bed bug can be just as difficult to cure and get rid of as that of the roach. However, there is no 100% guaranteed technique to cure an attack of bed bugs.

More Reasons:

There are extra factors that the bed bug has made somewhat of a return comeback over the last few years. This reason has to do with the kind of items being used to treat unwanted pests. Because of all the wellness hazards of DDT, many products have a reduced poisoning stage than those that were once used.

They are also more of a gel based product. Pests are less likely to respond to the gels but have been shown to respond

to the spray products that are again, not in use.

On top of all of these factors, the bed bug has designed, big muscles, so to talk. Actually, the bed bug is familiar with these insect sprays --And will adapt to these pesticides and therefore they are almost immune to them. This is due to the point that many of these pest sprays products were used so intensely to cure other insects that they have learned to just adjust to them.

In reality, nowadays, there are no gel pesticides that do actually have any impact on the bed bug. These are the most common kinds of pesticides that are used in the industry today.

#### Feeding Traps:

With some other kinds of bugs that have developed immunity against fumigations and gel type products, the most effective therapy device is that of the use of meals lures. The insect is attracted into the snare because it odors of a product that seems to be that of meals. The pest goes into the lure trap and takes the meals returning to his community. The meals is usually poisoned.

This is the most beneficial way to cure creatures such as ants and other difficult to destroy bugs. But, can you think what happens with the bed bug here?

The bed bug does not and can not react to these kinds of traps. There is one easy objective for this. The bed bug does not feed off of those kinds of products. The bed bugs main meals resource is that of blood veins from a human host. Therefore these kinds of blocks are worthless at treating bed bugs.

In 2005 and 2006, there has been a lot of interest to the bed bug. The objective is to inform those that have the potential for contact with the bed bug to know about it.

Because bed bugs have not been around intensely since before 1940, most individuals do not know what they are, where they are or what they are capable of doing.

The Professional Pest Control Organization is an advocacy team in the United States that is offering the campaign for this details to be provided to the general public in a way to inform them about this possible infestation.

#### Why Know History:

It is essential to know the reputation of the bed bug for a number of factors. Like any other kind of history education, we can understand from the errors and the trails and errors of previous times.

With bed bugs, it is essential observe where they resided, how they distribute as well as what they did to the community.

By looking at the use of DDT and other substances, we can better see what will continue to work on the bed bug, but we can also see the consequences of dangerous products on the individuals as well.

#### The Future:

As you look at previous times of the bed bug, you should take note of the likely upcoming as well. It has been proven that the bed bug is likely to proceed in their development and problems. With more and more individuals journeying from place to place on airplanes, it is even more likely that the bed bug will go with them.

For this objective, it is essential for you to know when you may have a possible attack and to help you to get rid of them; you need to know how to do so. ---Luckily, you will understand that here.

## Chapter 5. The Lifestyle Pattern Of The Bed Bug

Like all creatures, living cycle of the bed bug is a very normal aspect. They are created, develop and live. But, as those that are trying to get rid of a bed bug will tell you, it is very important for you to have an understanding of what this life-cycle is so that you can better manage your infestation problem.

It is unlikely that you will actually understand when your first infestation occurred. This is unless you know exactly where they came from. But, if you believe you know where the first attack came from, you can get a better idea of just how possibly huge your attack actually is.

### Size Matters?

When it comes to studying the dimension the attack that you have, you will want to try to get an estimate. This will help you to get a handle on what exactly you can do about it. While it may disappoint you to understand how huge your infestation really is, understanding can be the first thing to getting rid of them.

### -Why The Lifecycle Matters-

We are going to focus on the fundamentals of living cycle of the bed bug. We do this so that you have a better understanding of where they are within your house. By taking time to understand where the bed insects are in their cycle, you can offer the appropriate treatment method to get rid of them.

The Lifestyle Pattern Of The Bed Bug: The 411



The lady bed bug is the primary objective from the start. She will lay up to 12 egg per day! While it may only be one egg, it can be as many as a number of dozens.

She will place these egg in a particular place and generally it will have the same features. It is usually a rough type of surface place. Or, she may place them into a little crack or groove that she discovers.

She can place them on any difficult surface place because of the coating that is on them. It is difficult and will fairly much stick to anything.

--It can take from six days to 17 days for the egg to hatch.--

The baby bed insects are known as nymphs. Their first order of business is to nourish/feed. Actually, they are able to feed from a host right after being created.

They need to discover their first food easily as this blood vessels meal is required for their development. They will molt after their first blood vessels food.

They will go through a complete of five cycle times of molting before they will achieve their older dimension.

In most situations, from beginning to end, the egg will go from being a little egg to being a adult age in as little as 21 days.

#### Temperature Matters:

One aspect to take into consideration of when looking at living cycle of a bed bug is the heat range in the place. To be able for the egg to hatch out, the nymph to molt and for the bed bug to develop, the right heat range must be met. This heat range

needs to be between 65 degree levels and 86 degree levels.

If the heat range is not met, the adulthood of the bed bug is usually late. If the heat range is at 86 degree levels, the bed bug will age in about 21 days. If the heat range is that of near to 65 degree levels, it can take provided that 120 days for the adulthood of a bed bug to actually occur.

#### Food:

From time that the egg hatches, the primary objective of the nymph will be to find meals. It needs a blood vessels food in order to grow and to get its first molting period. From the time it hatches until it gets to adulthood, it needs to molt at least 5 days. Yet, it can not do this without the right quantity of food.

Again, this interval of nymph will likely be elongated if there is not enough meals to offer the necessary development and molting times for the bed bug. The time requires for the nymph to achieve adulthood has a immediate regards to the amount of meals that it has.

#### How Lengthy They Live:

Unfortunately for the people, the bed bug is likely to create it through its nymph interval and into adulthood.

One purpose for this is as easy as the point that they can live several months without consuming any meals at all. While they like to feed every five to ten times, they can endure several months without any meals at all.

Once they achieve their adulthood, the lady bed bug will begin to recreate.

Once they achieve their life-cycle, the bed bug is likely to live between a year to a year and a half. This is depending

upon on how much meals they get.

Finally, the bed bug can generate egg at least three times per season. More often is also typical.

When you add these factors together, you can see just how large an attack can be when it has just occurred only a few months before.

## Chapter 6. The Routines Of The Bed Bug

As someone that is looking to get rid of bed insects, it is important to comprehend just what these creatures like to do. The habits of bed insects may surprise you even though you really do not like them.

The bed bug is not a animal any of us really want to get to know, but knowing more about them will help you to get rid of them.

### Eating:

The bed bug prefers to eat in the evening. He is a night time blood feeder. He prefers to find his hosts when it is resting and therefore relaxing still. This presents less of a threat for his well being, of course.

"They are very fast shifting creatures and can quickly get out of the way if required."

They will use their very distinctive, razor-sharp like beak to crack the skin of the host. By striking it, they open it up enough to insert a fluid within it. This salivary fluid is what allows them to take out blood vessels from their host. It is what is called an anticoagulant which will stop

the host's blood vessels from clotting and opening up the pierced area too quickly.

An mature bed bug will take up to 15 minutes to nourish/feed from that one stab. Most grownups will be loaded within ten minutes but can eat for up to 15.

The nymphs, or babies, will begin to nourish/feed as soon as they are hatched and can find meals or a host. When they do, they can only nourish for as little as three to four minutes. As they grow, they will nourish a longer period until they achieve their mature dimension. The bed bug does not need to eat very often. It can go several months without taking any meals. But, it will usually begin to look for a host -- again after five days for another feeding. The bed bug will look for his host again when he is starving as it will take him this long to process the blood food he has just absorbed.

#### What They Like:

Do you really care what bed insects actually like? Most of us would say no, but we still should take a look at this subject for a better understanding of these little creatures.

First off, they appreciate the pitch-black and prefer not to come out unless it is pitch-black. They are creatures that like to cover up and stay out of vision.

To cover up, they will discover little crevices and crack's to cover up in. This may be locations like material or timber, but any place will do as long as they are invisible.

Usually, the bed bug will not journey too far from its hosts, as it wants to remain near to its meals resource. But, they can and do venture away if they so choose to do so. Although they are little, they can journey throughout the whole house if they desired to do so.

Yet, it is most typical to discover them near their host's bed or in the little place of where they know they can find their host.

The most typical position for them is in the creases of a mattress.

#### Searching For Bed Bugs:

When you choose to go look for for bed insects, you will want to try to look for them in the evening. This is the most common time that they will come out to look for their hosts. Remember that they do not nourish/feed daily so you are not likely to see all of them at once.

Still, you can do a bit of looking for them during the day; it is just more complicated to discover them this way.

#### Odd Information About The Bed Bug To Know:

⌚ Bed insects are drawn to the CO<sub>2</sub> (carbon dioxide) that humans put out when they take in. They are also attracted to the warmth that a individual provides.

⌚ If you are attacked by a bed bug, you are likely not to feel anything for at least several hours. It will take this long for your epidermis (skin) to respond to the product that the bed bug will insert into you.

⌚ Some researchers believe that bed insects can go as long as 18 months without taking any blood vessels at all. Although this is not typical, it is believed to be possible.

⌚ In her life-time, the lady bed bug is likely to lay about 500 egg. This is only if she holds just five egg per day.

⌚ When recreating, the fight is on. The men bed bugs will

actually impale the competitive men. In doing so, he will inseminate the other men. Then, when the other man tries to inseminate the lady, he will actually inseminate the lady with the other male's secretions instead.

⊙ Although bed insects do not like to be outside, they can be. They can even ascend under timber and other materials to get into another house. This is typical in condos and in residence buildings.

⊙ You may see a bed bug stuck within the patterns on a woven clothing or couple of trousers. They will appear as a dark speck there and are often skipped by audiences.

#### Chapter 7. What Can A Bed Bug Do To Me

While all of this is good information, what you want to know is what the bed bug will end up doing to you.

The great news is that bed insects are not that dangerous to most individuals. While no one wants to have them around, they are not likely to cause you with any actual problems, although in some individuals they can cause an advanced stage of reaction than others will have.

Bed insects are often believed of in the thoughts of kids as biting. In the phrase song, "Don't let the bed insects or Bug Bite," they may have described just what the person can anticipate from the little bed bug.

The really great news is that it is pain-free to the person. The bed bugs will likely nourish/feed from their hosts in the evening, while the host is resting and still.

Therefore, it is likely that the host, or human being, will never feel it or will they see the bed bug actually bite or chew on them.

The bed bug will insert a fluid into the bite that it creates. This fluid is used to keep the blood vessels from clots and sealing up the injure. In most situations, the only way that you will know that you have been bitten is by the reaction that some people have to this fluid.

If you do have a reaction to the fluid, it is likely to be something that is frustrating but not extremely challenging. It will be an scratchy, annoyed and contaminated place of the epidermis (skin) area.

But, each person is different here. Many individuals will not have any reaction to the bug bite at all, which makes it harder to know they are even there.

#### Harsher Reactions:

Some individuals will re-act in a much more serious way. There is no way to tell which way you will reacted, until you do. If they react severely, it is likely that they will have a inflammed and hard place on their place of their epidermis (skin) at the mark. It will be little and usually looks like a white-colored welt on the epidermis (skin).

If you have this serious of a reaction to the bug bite, you will likely have significant amounts of itchiness to go along with it.

If you have serious reactions to the bed bug bite they can last from just a few hours or days. It is sensible to search for the help of an experienced professional when you have these serious reactions to any kind of bug bites.

One of the most typical symptoms of bed bug attacks is having three or more bites marks or welts in a row. This is thought to occur because the bed bug will become separated to the area, probably by the host shifting or moving around, and will then need to open a new area to attract blood vessels from.

One thing to note about the bed bug is that they are different from flea bites. They will not have a red dot in the middle of the bite mark, but will be a solid color throughout the mark.

It is essential to see any marks that you may have that are little, bite like marks that you really can not describe.

This can be a indication that there are bed insects hiding in your bed in the evening.

More Part Effects?

Bed bug attacks do not generally cause serious reactions in human beings. But, they are frustrating enough to cause stresses in our lifestyles as well.

Some individuals that have knowledgeable bed insects in their home have issues with resting in their mattresses. They may feel anxiety and fear about the bed insects, even understanding that they are not going to cause significant amounts of harm to them.

"This fear can cause to sleeplessness as well."

At an excessive stage, bed insects can cause factors like distress and alert. At some periods, it can also cause delusional parasitosis as well. Here, a individual becomes delusional, thinking that they see and feel the bed insects on their epidermis (skin).

The quantity of blood vessels that you will lose because of the bedbug is a very little bit and will likely not impact the host at all. They probably will not notice any emotions triggered by this issue.



Also, bed insects are not known to cause any kind of illness. They are not known to bring and transfer illnesses either. This is compared with that of an insect that can transfer a disease to its hosts.

They have been known to carry what is called pathogens for the plague and for hepatitis B, but this is just from the immunities that they have built up from these diseases over the course of time.

The bed bug bite that does cause a severe reaction or one that results in a welt on the epidermis can become contaminated if the individual scrapes at the place and by doing this, supplies the necessary viruses to cause the disease in the epidermis of the hosts.

### Chapter 8. How To Know If You Have Them

Before you move on to how to get rid of the bed bug from your house, we want to stop for a short moment and determine just what you need to do to know that you actually have them.

Now, you will keep in mind that it can be difficult to know if the pest infesting your house is actually that of a bed bug. While only an expert that looks at them carefully will be able to tell you right off if they are bed insects, it is fairly much sure that if you have these signs that you are swarmed with bed bugs in one form or another.

#### Signs You Have Bed Bugs:

Here are some factors to look at to consider if you do in fact have bed insects in your house.

⊙ Obviously, if you see a bed bug then you would likely know that there is more than one there. You would likely need to look for the bed bug to actually identify it, though.

⌚ You may see blood vessels stains on your bed linens. This is usually due to the bed bug being mashed while it is on the host. For example, you may rolled over onto the bed bug while it is feeding.

⌚ Brownish or reddish spots on the bed linens or clothing can be signs as well. These are the fecal matter of the bed bug. Waste can be discovered on the sheets, bed mattress, on the surfaces, or on other places that they journey.

⌚ If you discover factors such as eggshells or dead epidermis (skin) on your flooring surfaces, bed linens or on your bed mattress, this can be a indication of bed insects. These are usually discovered on places that are near to their concealing locations.

⌚ If you have a very huge attack in your house, you may have an mysterious fragrance in the house. This will be a sweet yet musty fragrance to it. Usually, it is offensive and is recognizable when you come into your home.

⌚ It is regular to just have one bite mark indicate on one's whole body, but a tell tale indication that you have bed insects is the look of three bites marks in a row. Actually, these are often caused by the activity of the bug in a range as it looks for the same vein it had before it was disturbed.

⌚ A great way to notice them is to use a method that will allow you to detect their presence. To do this, simply plan to turn on a light without moving much from your bed just a few hours or so before dawn. At this time of the day, the bed bugs are most actively seeking their host. Use a flashlight to catch them in the act or on the bedding.

Set A Trap:

If you really want to see for yourself that there are bed bugs in your house or in your bed, you can set a snare to do so. Here are some things that you can do to see their presence in your house.

⦿ Place sticky tape, sticky side up on the area around your bed. As the animal crawls over it, they will stick to it. This will not necessary stop all of them, though.

⦿ Place warming or heating pads in a place that is pitched-black. This is especially efficient when you have used the heating pad in previous times. Use tape to capture them or you can just watch out for their existence.

⦿ You can use either of these methods and combine them by placing a balloon that has been filled by mouth in the area. Remember, bed bugs are attracted to the carbon monoxide that people exhale. This will help to lure them in.

A snare like these can help you to attract in the bed insects so you can actually see if you have an attack. Of course, there is no assurance that the bed bug will in reality react to these kinds of trap blocks.

#### Store Purchased Products:

There are also products available on the industry that you can purchase that can help you. These are usually marketed as products to help you to get rid of bed insects. Whether they work because of this is another story. But, they can definitely help you to know if you have bed insects in your home.

These products are quite like that of flea trap blocks where they will attract the insect into the snare and are expected to keep them there. Unfortunately, most of these trap blocks are really only excellent for identifying if you have bed insects in your home. Most are not nearly efficient when

it comes to ridding the house of the unwanted pests.

#### Other Signs:

All of the factors that we have discussed thus far in the ebook are excellent indicators that you have bed insects. If you notice them, think you notice marks on your epidermis (skin) or on your children's epidermis, then you may have an attack of bed bugs in your house.

Those that travel or have visited homes in which there are an infestation should take care as to determine if they too have brought the bed bugs into the home.

Beyond a question, the best way to know if there are bed bugs in your house is to use an experienced professional. They will come out and look for the tell tale signs and being an expert will be able to tell you for sure what they have discovered.

### Chapter 9: What To Do If You Have Bed Bugs

Now, we have talked quite a bit about the bed bug but what you want and need to know is what to do if you have discovered that you have bed bugs in your home.

We spent that time talking about it so that you would fully understand what these creatures do, how they live and how they affect you. Knowledge is power and in this case, it can help you to get rid of bed bugs once and for all.

#### The Steps To Getting Them Out:

We will provide you with a step by step approach to methods that can help you to get rid of bed bugs once and for all.

If one method does not work, move on to the next one. The goal here is to determine what the best method for your infestation is.

### Step One: Identification

The first and most important step in treating bed bugs is to determine that the bed bug is actually a bed bug. As we mentioned, bed bugs are commonly mistaken for other creatures.

The problem here is if you treat them as you would other creatures you will have no success with treatment.

Likewise, if you treat another animal with the treatments recommended for bed bugs, you are likely to have few results as well. A flea will not respond to the treatment of a bed bug. And a bed bug will not respond to the treatment of a flea.

### Step Two: Determine Method Of Treatment

The next thing that you need to do is to consider if you plan to treat the bed bugs yourself or if you plan to call in a professional to handle the situation.

If you have a serious infestation of bed bugs, it is likely that you do need to use a professional to handle the infestation if you will have any chance of getting rid of them in the long term.

"Let's take a look at the options when it comes to each of these treatments."

### Do it Yourself Treatments:

You do have some options here. One method that can be effective is to use a mixture of pyrethrums and fresh water diatomaceous earth. These products will work to provide you with a natural solution to getting rid of bed bugs.

It will cause damage to the nervous system of the bed bugs in the form of a mechanical action. Then, the bed bug will die.

It is essential for you to not use these types of products that are salt water diatomaceous earth as this can be quite dangerous. In fact, any animal that inhales it, pets and humans alike, can have lung damage.

In addition to this, this product has been found to cause cancer in mammals of all types.

If you plan to use this type of product, there are some manufacturers that do provide an insecticide mixture like this for you to use. If you purchase it, you will want to insure it is used with the utmost respect for the directions provided with it.

Another option for the self treatment of bed bugs is to use fruit and vegetable insecticides. These will do the same as above but will also provide the necessary safety to other animals including humans.

"These products are made of canola oil and pyrethins."

#### A Mistaken Self Treatment Approach:

One treatment of bed bugs that you may have heard about is using extreme levels of heat and cold to kill them. As you have learned, bedbugs do prefer a specific heat range. They like the temperature to be above 65 degrees but below 86 degrees as well.

Yet, there is scientific proof that disproves the theory that bed bugs will in fact be killed by these extremes of temperature. The main problem is that there is not enough time to keep them in this state.

The product needs to remain very cold or very hot for a long period of time. This is just too hard to do, in most cases.

On top of this, there is no real way to do this to treat mattresses or other large bedding items. Therefore it is recommended that this method of removing bed bugs not be used.

#### Professional Help:

Those that have bed bugs may not even want to do anything but call on a professional to come out and help them to get rid of the pests.

When you call on an exterminator to handle your bed bug problem, it is very important that you take the time necessary to seek out one that truly knows what he is doing.

You need to insure that he knows how to handle and has been effective at the treatment of bed bugs, not just any type of insect. They require special treatment options.

You may find that there is a problem with doing this. If you live in North America, the near extinction of bed bugs in this area has caused there to be very few people available that do know how to treat this condition.

As bed bugs begin to re-infest this area, though, it is a sure thing that there will likely be additional individuals to call on.

Another problem that may arise when calling a professional to handle the bed bug problems you are having is the fact that many of the techniques used to treat bed bugs when they

were everywhere before the 1940's are no longer allowed to be used.

For example, Cyan gas was used to fumigate areas that had infestations. It was quite a powerful insecticide and it did work to destroy them. But, the risks that it presented to pets and the human population (not to mention the environment) have caused this substance to be no longer in use.

Fumigation may be the only way to go, but it is also costly and may be banned in some areas. You will need to insure that the exterminator that handles bed bugs in your area is well aware of these problems.

Finding a skilled, experienced bed bug exterminator is an essential part to getting rid of the bed bugs. Now, we will say that you do decide to call on a professional to handle your extermination. This is recommended as it is the most effective.

"But, don't worry, there is more that you can do to handle this situation."

### Step Three: Treatment Needs

You should know from the start that bed bugs are not usually going to be gone in the blink of an eye. In fact, they can take several treatments in order to be effective. Often times, it is necessary that there are three or more treatments necessary.

The more invasive the infestation is, the more necessary it will be for them to do more treatments. The size of your home or location to be exterminated also should be taken into consideration here.

Things like having a skilled exterminator and having an extensive treatment procedure done can help you to get the



most out of the treatments.

Additionally, it is also beneficial if you have an exterminator that will remove nesting areas from the home and help you to determine where the infestation came from.

When all of these factors are taken into consideration, the bed bug infestation can be treated faster.

You should take the time to determine the extent of what the exterminator will provide for you, in writing before you move forward with their service.

#### Step Four: Pre Treating Your Home

Once you have an exterminator in place, he should help you to follow the needs provided here. But, you will need to handle the preparations for the extermination yourself.

If this is not done right, the whole chemical treatment that you get will be compromised.

So, let's take a look at what you can do to protect your home and prepare it for extermination of the bed bugs.

🕒 Packing up the home. The first thing that you need to do is to pack up the home. This will include moving your furniture away from the baseboards and walls. You will then need to open up anything that is potentially a hiding place for the bed bugs to expose it to be sprayed.

You should empty out desks and drawers. Bookshelves should be emptied too. Anything that you pack up should be cleaned and treated for bed bugs. The last thing you need is to re-infest your home with bed bugs once you clean them out.

🕒 Washing. The next thing that you need to do is to launder anything that can be washed. This is no easy task of course. You will want to make sure that the laundering will include

things like your clothing, your rugs and even any stuffed animals that you have. To make this effective, wash and immediately place all items into a plastic bag and seal them. They should be removed from the house until after the treatment has been done.

If you will be using a dry cleaner, tell them of the situation and provide all laundry in sealed bags to them.

The most important part of the laundering of these products is that you allow them to dry in the drier for at least 20 to 30 minutes on high to medium heat. This should kill all bed bugs at all stages of their life cycle.

You do not even have to wash the clothing, although most will want to just to feel better about wearing them again.

🕒 **Vacuuming Them Up.** This too is an important step in getting rid of bed bugs. Here, you need a high powered vacuum and you need to do a very detailed job of cleaning.

It will help to lower the number of bed bugs from the home, making the chemical treatment that much better for you.

You should use attachments to get into the crevices, the walls, the baseboards and virtually any place that the bed bugs are lurking. You can also use this on your mattress and bed frame as well.

Get behind pictures, under furniture and throughout the furniture to get up as much as you can. Remember all the places we said they liked to hide? Use that page of the e-book to help you to vacuum them up.

Finally, make sure that you take the filter and vacuum outdoors and empty it right into the trash. You do not want to give them any chance to escape on you.

🕒 **Steaming.** Steaming can be done, but it will not necessarily work magic on your furniture, your mattresses

or your bedding. Sometimes it can work well, especially if you do not want these items to be treated chemically, but in the long term, it is more effective to allow chemical treatment if the product will handle it.

⊙ The Bed. One of the biggest decisions that you will need to make is what to do with the bed. If your bed has been infested, especially if it is a heavy infestation, you may want to consider getting rid of it. But, it can be treated, in most cases.

In most cases, local treatments using insecticide products will be effective. If the box spring is compromised, though, this can be hard to treat as there are many places for them to hide.

The decision is yours. If you feel that you will feel better about it and can afford to, dispose of your mattress.

Insure that you mark the mattress with its condition and do not allow mattress deliveries to pick up the old one as this can contaminate others.

Place them inside of plastic and mark them before transporting them to keep from spreading the bed bugs around.

Finally, you will want to wait on having new mattresses delivered to your home until after the chemical treatment is completed.

#### Step Six: Treatment At Last

When the exterminator does come to your home, he will take the time necessary to go through the entire thing and treat it. At least, he should do this. He will use two types of products.

One is called an instant kill. This pesticide will kill the

bed bugs as he finds them. He may also use this product in large hiding spots that he finds.

The second product that the exterminator will use is that of a barrier. When the product is placed around the home, in and near hiding places, the bed bugs will cross over the barrier and die because of it.

This product can last up to 60 days although it is most effective the first two weeks.

It is important for the professional to do a thorough job in the home. This is what will determine how effective the treatment is.

After the treatment is done, you may still notice one or two bed bugs around. This is common and as long as their numbers are low, you can assume that the treatment is working. It can take up to two weeks to fully kill off the bed bugs.

During this time, monitor them. If you notice additional bed bugs, you can have an additional treatment done.

You should not vacuum the area in which the treatment, especially in the bedroom, has been done. This can remove the barrier too soon. Your professional will give you a proper timeline here.

Lastly, it is important to note that sometimes we may feel that we see, feel and notice bed bugs when they are not around. As we mentioned before, bed bugs can cause us to be delusional. Some even feel as if the bugs are following them from place to place.

With proper treatment of the home, you can safely remove bed bugs from the home altogether.

## Chapter 10. Avoiding Them

You have spent and cash getting rid of the bed bugs in your house. Now, you need to keep them out of it. While there is never a assurance that they will never come back, there are several factors that you can do now that will help you to keep them from returning.

Here's a guidelines for you to use to keep bed insects at bay:

✓ As difficult as it seems, try to keep bed insects from returning by keeping yourself out of swarmed infested houses, hotels, resorts, college dorms and other places we mentioned that they like to breed.

✓ Examine all of your outfits/clothing, baggage and other products that you take with you on a journey or vacation. Make sure to look for the signs and symptoms of bed insects that we described such as what they look like, the blood vessels spots and the waste spots.

✓ If you carry anything into your house that is second hand, ensure that you clean it and take excellent care in examining it. Also, such things like furnishings, bedding, bed sheets, blankets and box spring rises. Always do a detailed examination before it goes into your house.

✓ If you reside in an residence complex, discuss to the landlord about their initiatives to keep them at bay. If you have handled your residence but the whole building was not handled, it is likely that there will still be potential issues later on. If you are moving into a place, ask if there has been any incident of bed insects and what is done about it.

✓ Keep crevices, gaps, breaks, cracks and other routes into your house caulked. Examine them annually to assurance that they are completely enclosed.

✓ If you have parrots or birds, animals or rats or rodents in the house, it is important to understand that bed insects will also use these hosts if they can not find a individual host. Insure that any animals are handled or care for by the 'Vet' (they are often incorrectly treated for ticks.)

## Chapter 11. Cleanliness And Bed Bugs

We discussed the point that bed insects are not in homes because individuals are unclean. Inadequate hygiene of a house is not likely to be a purpose for bed insects to appear. They will not, in fact, come into your house because it is unpleasant. But, cleanliness can be efficient at avoiding them as well.

Your house does not need to be unpleasant to have bed insects, but if you use appropriate cleanliness, it is tougher for them to penetrate into the house.

If you have had a chemical treatment in your house recently to cure bed insects, make sure that you adhere to the specific directions offered here as well as from your professional exterminator as to what you can and can not do.

Keeping them gone is a very essential job for you to do. Here is another guidelines of factors that you can do to help you to keep the bed insects any place but in your bed.

✓ Keep your bed linens and outfits fresh. When you launder them, make sure that they are cleaned in the hottest h2o allowable. Allow them to stay in the dryer for at least 20 minutes on a medium or high temperature. This will destroy any hiding bed insects.

✓ Machine your bed mattress per month. This implies removing coverings, vacuum washing the places around the

bed mattress, the bed structure, the crevices and the carpeting underneath your bed structure effectively. Get rid of the container of item that you eliminate into the trash outside of your house.

✓ Do not try to vapor/steam fresh your bed mattress. It is very hard to dry a bed mattress absolutely. If you do not accomplish it, there will be issues with factors like fungus. Then, the bed mattress will be a loss completely.

✓ If you successfully fresh the bed mattress, you will need to wrap it firmly. You can do this often. First, you can use plastic to encase the bed mattress completely. This works well on the box spring rises.

✓ Second, you can wrap it in a high quality dust mite controlling cotton covering. These are designed to keep anything from getting in or getting out.

✓ If there are bed insects in your bed mattress, they will perish as long as you do not eliminate this protecting covering for at least one twelve month. If there are bed insects in other locations, they will not be able to get into the bed mattress.

✓ Use vacuum pressure to keep the carpet fresh. You should vacuum the house as often as required, but at least weekly to help you to take out any bed insects that may be hiding.

✓ Make sure to use the attachment to get into all crevices and cracks that may be an ideal location for the bed bug to present itself.

✓ Bed insects may be hiding in your car, in your furniture or other locations that you spend significant amounts of your time and relax. In order to successfully eliminate them, you need to use chemical treatments as necessary.

✓ Keep them fresh, then, by vacuum washing and monitoring them for signs and symptoms of re-infestation of the bed insects.

✓ If you think that the treatment for bed insects have not fully worked for you, discuss to your pest control company about what you should do. Again, cleanliness can help, but in your cleaning, you may also discover extra issues. Observe them properly. Always keep a look out for bed insects that may be arriving for a visit.

✓ Lastly, make sure that you monitor your kids as well. Children often visit buddies, close relatives or other people. They can even be around their buddies at school that has bed insects in their outfits.

If you notice the tell tale signs of skin irritations or bite marks, it may be that bed bugs are lurking in her bed. Make sure that you remove and treat anything including stuffed animals for bed bugs.

## Chapter 12. What To Know And Do

It holds caution that bed bugs insects are going to make a come back and are likely to invade more houses in Northern America quickly. While this happens, there are likely to be many products available on the market that may claim to help. There are likely to be many that do not do as well or what they claim. Take the time necessary to really examine them out, first.

It pays to be vigilant when it comes to bed bugs. Always look for signs of them. While it may not seem like anything to worry about, one of the most harmful effects that bed bugs can have on humans is the emotional and psychological stresses that it causes.

If you are feeling as if you can not get the bed bugs off



of you, or that they are everywhere, realize first that this is a common problem that people face when they are dealing with bed bugs.

If you are in this situation, it can be wise to talk to your doctor about this anxiety, fear or problem as it can escalate into something much more. There are treatments that can help you to overcome these types of problems with bed bugs.

### Self Treatment:

If you go back to our treatment section in this e-book, you will notice that we took the professional cleaning way to go. We did this because it is by far the most successful of treatments, especially when you work with a skilled professional exterminator that has worked with bed bugs before. But, if you feel more comfortable with handling bed bugs on your own, by all means you can give it a try. The most important things to do are included in the pre-treatments listed in that chapter.

You should also use pesticides and other products that are both safe to you and to your pet when treating bed bugs. There are insecticides on the market that can help you to do your own self treatment of bed bugs. How well they work is really undetermined as of yet. Some are sprays others are powders. Choose products that you know will provide you with the highest level of effectiveness.

### Conclusion

It is a long and hard process to get rid of bed bugs. These animals, although almost harmless to the human body, can

be detrimental to our own well being emotionally. Therefore, we strive to provide ourselves with a safe and clean home.

Unfortunately, even those that do practice the safest matters of prevention from bed bugs will find that they are infested. While it is hard to believe and devastating to hear, the infestation of bed bugs does happen quite often.

It is even worse to realize that bed bugs are likely to be infesting more homes across North America. To take this to the next level, the inexperience of exterminators to handle these types of infestations can be downright nerve-racking.

Yet, with a bit of skill, lots of hard work, and just the right timing, you can get rid of bed bugs once and for all.

Resouces :



How I got rid of bed bugs from my home; and how you can do it too. Go to or Click this link below:

<http://tinyurl.com/p5zyt3p>