

Bed Bugs



Information you should know regarding bed bug life cycle:

Bed bugs, like ticks, are dependent on blood in order for their life cycle to progress. The nymphs typically feed on blood for roughly 3-4 hours at a time. With each feeding, they begin to grow and are then able to take longer blood meals in order to become an adult. Adult bed bugs can take repeated blood meals over several weeks. Adult females are usually .5-1mm larger than the males and can lay up to 5 eggs per day. Adult bed bugs are light brown to reddish brown, flattened, ovd and no hind wings but front wings. The front wings are vestigial and reduced to pad-like structures. Bed bugs have segmented abdomens with microscopic hairs that give them a banded appearance. Adults can grow to approximately 4-5mm in length and 1.5-3mm wide. The nymphs are translucent, lighter in color and become browner as they molt (shed) and reach maturity.

Information you should know regarding how bed bugs spread:

Bed bugs live in furniture, clothing, and bedding. Bed bug eggs may be present in used furniture or clothing. Bed bugs can spread by crawling on furniture, latching onto clothing and onto people who are using unclean bed accessories. They contaminate multiple areas in their dwellings and are almost undetectable. A human cannot spot them without having a keen eye or a magnified view. Keeping your bed accessories clean once a week, along with laundry upkeep and monthly cleaning of your furniture appliances can help reduce risk of bed bud infestation and therefore decreases the chances of becoming sick from them.

Information you should know about the symptoms and signs of bed bug bites:

As stated earlier in this article, bed bugs are mostly active at night, especially if they are on the bed of a sleeping person. Bed bugs usually try and prey upon the exposed areas of the sleeping person such as their arms, feet, legs, neck, back, or head. The bites are painless and especially if a person is sleeping, they are unknowing of being bitten. Signs of bites can depend on the person's body's reaction to them. Small, flat, raised bumps are the most common sign. Other signs include itching, redness, swelling, or even drying of the skin. Bed bug bites are hard to distinguish since they look like mosquito bites or can be considered as other forms of skin rashes or conditions. Bed bugs may also leave odors on the skin or dark spots on the bed sheets and/or

furniture (these are usually fecal matter). It is not yet known, but there are studies being done to determine whether or not bed bugs carry the disease known as Chagas disease (a disease that is spread by insects).

Information you should know about bed bug treatment:

Unfortunately, there is no treatment for bed bug bites. If itching is one of your symptoms and it persists, then an antibiotic steroid cream can be applied to reduce the itching and kill the germs on the skin. Oral medications can also be taken as well to reduce symptoms. If these symptoms aren't treated or become severe, they can develop into bacterial infections which can lead to the need of stronger antibiotics and even a shot to prevent the infection from spreading around the body and worsening its symptoms.

Information you should know about bed bug infestation and control:

Look and see if there are fecal stains, egg cases, and even shed skin around the cracks in your home, your bedroom including under the mattress and pillows, the wallpaper, and articles of clothing. Identifying bed bugs is a challenge itself and you may want to have a professional pest controller to come out and assist you. Getting rid of bed bug infestation is not easy and may require professional assistance, but aerosol insecticides, or low odor spays can usually eradicate bed bugs, however if an infestation occurs on your bed, it is best to discard the mattress instead of spraying chemicals on it. Deep cleaning of surfaces in your home, walls, bed frames, furniture, and even the cracks in the walls is recommended along with powerful vacuums with special bags. When it comes to your bedroom, buy a mattress seal that is micro allergen. This will protect your mattress and reduce chances of being bitten on your bed where you are most vulnerable. Check-ups on these areas will help you be more aware of your bed bug situation and the understanding on how to better treat your home and yourself when you come in contact with them.

Information you should know about bed bugs in public:

If you are going to a hotel and are concerned about the possibility of coming in contact with bed bugs, the best thing to do is to examine the room you are staying in. Examine the entire bed; mattress (front and back), frames, pillows, and even underneath the bed. Examine the wallpaper especially if there are any cracks or openings. Hotels usually have strict cleaning procedures, but it never hurts to double check since you will be the one staying in the room.