

# Bed Bugs Removal Guide

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Here is a free guide for learning how to get rid of bed bugs. Find more advice on <http://how-to-kill-bedbugs.com>

## ***What Are Bed Bugs?***

Bed bugs are quick-moving parasites that hide during the day and become active at night. The adult bed bug is a brown to mahogany color, oval-bodied, wingless insect that measures between 1/4 to 3/8 inch (4-5mm) long.

- Bed bugs feed by piercing exposed skin (face, neck, shoulders, arms, legs, etc.) with an elongated beak. The victim does not feel the bite.
- Female bed bugs hatch 15-60 batches of eggs (up to 200-600 eggs in a lifetime) that are fastened with a kind of cement to cracks, crevices or rough surfaces near where they hide.
- Bed bugs are very resilient and can survive months without feeding and have a lifespan of more than a year.
- Though flightless, bed bugs can crawl quickly over floors, walls and ceilings. They will travel up to 100 feet to feed.
- Bed bugs can be transported or moved around on clothing, furniture, purses, luggage or vacuum cleaners.

## ***Are You Sure It Is a Bed Bug?***

Some other bugs that look like bed bugs feed on bats and birds. It is important to make sure you have bed bugs. Ask a pest control professional for help identifying your pest. If the bug turns out to be a bat bug, you'll need to rid your home of the bats to solve this problem.

## ***How To Know If You Have An Infestation?***

Bed bugs are most active in warmer weather. They feed at night and hide in cracks and crevices during the day.

Bed bugs do not have nests like ants or bees, but tend to gather together in hiding places close to where they feed – which is usually the bed.

Bed bugs bite people at night while people are sleeping. The symptoms of a bed bug bite vary, ranging from itchy welts and localized swelling to little or no reaction. See your doctor for medical advice.

Most infestations start around beds and spread throughout the room and beyond. Look for the dead bed bugs, as well as for evidence of bed bug activity, including egg casings, shed skins, fecal stains, blood streaks on sheets or a sweet, musty odor.

During the early part of an infestation, you may find bed bugs in the seams and folds of mattresses and bed covers. Later they spread to cracks and crevices in bed frames, box springs and headboards.

If allowed to multiply, bed bugs establish themselves behind baseboards, window and door casings, pictures, moldings, furniture, loosened wallpaper, and cracks in plaster.

## **Common Bed Bug Myths**

**Myth:** *You can't see a bed bug.*

**Truth:** You can see adult bed bugs, nymphs and eggs with your naked eye.

**Myth:** *Bed bugs live in filthy places.*

**Truth:** Bed bugs are not attracted to filth and dirt. They are attracted to warmth, blood and carbon dioxide. Clutter offers more hiding spots, but a dirty floor (for example) does not mean you are more likely to have bed bugs.

**Myth:** *Bed bugs transmit diseases.*

**Truth:** There are no cases that show that bed bugs will pass diseases from one person to another.

**Myth:** *Bed bugs will not come out if the room is brightly lit.*

**Truth:** While bed bugs prefer to work in the dark, they will still come out during the "midnight hours", and keeping the light on at night will not stop them from biting you.



## **What To Do Next**

First, do not panic. Getting rid of bed bugs for good is difficult, but it can be done.

The first step is to think through your situation and options for treatment. If you have a serious bed bugs infestation, the best option is to bring in a professional. You can locate a bed bug exterminator in your area by going to <http://how-to-kill-bedbugs.com/why-hire-a-bed-bug-exterminator/>



Make it harder for the bed bugs to hid. A cluttered house provides more places for bed bugs to hide and it makes it more difficult to locate and treat a bed bug problem.

If your mattress has bed bugs, you can get a mattress/box spring encasement. Make sure you keep the encasement on for at least a year. Be sure to buy a product that has been tested for bed bugs and is strong enough to last for the full year without tearing. You can find excellent bed bug encasement products on <http://how-to-kill-bedbugs.com/bed-bug-products/>

High temperatures can kill bed bugs, but this is very risky. There have been many reports lately about people causing fires while treating bed bugs with heat. Space heaters may work, but must always be used with care, as they have the potential to cause fires and serious burns. If you decide to use heat, make sure to use a safe product, such as the PackTite portable heater, which you can find on <http://how-to-kill-bedbugs.com/bed-bug-products/>

Find the bed bugs. Carefully vacuum rugs, floors, under beds, around bed legs, bed frames, and all cracks and crevices around the room. Do the same with upholstered furniture, and do change the vacuum bag after each use, so the bed bugs can't escape. Place the used bag in a tightly sealed plastic bag and in an outside garbage bin. This will reduce the populations.

If you rent, contact your landlord if you find bed bugs. If a room has bed bugs, really clean it and get rid of clutter like piles of toys, magazines or clothes. Clutter gives bed bugs more places to hide. Wash and then dry your bedding in a hot dryer. This will kill the bed bugs. Dry clean wool blankets.

If you find bed bugs, take extra care vacuuming these areas. Vacuum the mattress, box springs, furniture, beds, headboards, and couches. Make sure you turn the box springs over and vacuum carefully. Vacuum the area where the carpet meets the wall, especially near the head of the bed. When you are finished, take the vacuum cleaner bag immediately a dumpster.

Go PRO. Hiring an experienced, responsible bed bug control professional will increase the likelihood and the speed of success in eliminating bed bugs from your house. If you hire an expert, ensure it is a company with a reputable history, and ask them for guarantees and testimonials. Do check those testimonials too! You can find a trusted and experienced bed bug exterminator from <http://how-to-kill-bedbugs.com/why-hire-a-bed-bug-exterminator/>

***For more advice about Bed Bugs, please go to***

**→ <http://how-to-kill-bedbugs.com> ←**