

# Say Bye-Bye to Bed Bugs

It's amazing how the tiniest pests can cause the biggest problems.

Take bed bugs, for instance. These diminutive parasites are among the most persistent and indestructible on the planet. Because of their tiny size, bed bugs are able to get into the smallest cracks and crevices. Here, they will live and breed out of your reach. It is virtually impossible to rid your home of bed bugs using physical means like surface scrubbing and pesticide application.

One must not take risks when treating a bed bug infestation. When it comes to battling these little pests you'll need to bring out the big guns. Seek help from a pesticide professional who know how to treat and control your trouble with bed bugs.

## Bites and Disease

Health organizations around the world will attest that bed bugs pose no real threat, nor do they spread disease. Even though a bed bug bite will leave saliva under the skin of the host, these bites do not cause or transfer any types of disease. This fact separates the bed bug from other bloodsucking insects like mosquitoes, which transfer malaria, dengue and a host of other ailments.

There is, however, a definite downside to receiving a bed bug bite. The skin will be irritated and itchy, with marks at the affected area. Bed bug bites may look the same as those caused by other insects, like mosquito bites. Some people who have been bitten by bed bugs will suffer with blemished skin. Repeated bites will result in many wounds. Some people will suffer with allergic reactions that may lead to more serious skin irritations.

Even though bed bugs may not pose any serious health hazards, the itchiness and irritation of the bites themselves, and just the sheer discomfort of sleeping in an infested bed, should be reason enough to seek treatment and rid your home of these pesky critters.

## Plan Your Attack

If you plan to treat the bed bug infestation on your own, your first step should be to develop a thorough and carefully planned strategy. Remember; this is war, after all.

Most of the time, bed bugs living inside the bed can never be treated or effectively eradicated. The insects are so small that they're able to creep into the tiniest folds, openings and holes in the mattress and bed frame. Pesticide treatments are almost always futile in assuring the total elimination of bed bugs.

## Call in Reinforcements

The best way to deal with bedbugs is to call a professional pest control service. Before calling, however, you must prepare yourself for the inevitable instructions to dispose of certain accessories, furnishings or equipment in your home that may be providing a living and breeding ground for bed bugs.

You may be asked to dispose of your bedding, mattress and even bed frames. However, it may not be as easy as simply kicking these items to the curb. Ridding your home of an infestation of bed bugs does not give you the right to neglect the protection of your neighbors from these parasites. Carrying your infested mattress to the waste disposal bin of your apartment building will put all other tenants at risk.

Indeed, the save and proper disposal of infested items can take great care and attention. Sometimes, the infested items must be burned. Smaller items can be sealed in plastic bags to prevent the transfer of bed bugs to other areas.

Adult bed bugs can live for nearly a year without feeding. Therefore, if the infested items are not burned, they should not be exposed to or stored in close proximity to potential hosts, including humans and pets.

Once the infested furniture and accessories have been removed from the room, you'll need to thoroughly clean the entire area. Again, professional assistance may be required to rid the room of any remaining insects or eggs.

## An Ounce of Prevention

They say that the best cure is prevention. Basic cleanliness and hygiene are the first steps to prevent the accumulation of bedbugs.

When you travel, try to ensure that the hotel rooms you stay in are bug-free. Otherwise, your may travel home with some unwanted stowaways in your clothing or luggage.

At home, consider having regular room checkups performed by a pet control professional. These experts know more about infestation than you do, and they can advise you on determining whether your home is infested. If bed bugs are present, they will immediately begin a treatment plan to rid your home of the insects.

Simply picking up and moving to another room, or even another home, is not an option. The infestation affects the furniture, not the room. When you carry a bed, bedside table, trunk or cabinet into another room, you're taking the bugs along as well.

Learning about bed bugs is the first step to preventing an infestation from occurring. If you are able to acknowledge the signs, you can deal with the problem at the first sign, and seek professional help before the situation gets worse. While these little pests can cause a big headache, it's a problem that you can overcome.