

INTRODUCTION

Bed bugs are nocturnal, reddish-brown insects that feed on the blood of humans and other warm blooded animals. These wingless, dorso-ventrally flattened insects have the ability to hide in the smallest of spaces such as cracks in floors and walls, carpets, beds and upholstered furniture. This ability allows them to evade/be least exposed to chemical treatment.

The difficulty in eliminating bed bugs because of their evasiveness and/or resistance to chemical treatment (spraying) means an alternative means of controlling/eliminating them must be sort. This leaflet is to share with you quick and easy means by which you can eliminate/control bed bugs on your own without chemical use.

FACT FILE

- ❖ Bed bugs are parasitic insects of the genus *Cimex* that feed exclusively on blood.
- ❖ *Cimex lectularius*, the common bed bug, prefers to feed on human blood.
- ❖ They are active at night because of the steady of flow of carbon dioxide emitted when asleep.
- ❖ They easily hide in cracks, crevices, beds and upholstered furniture and dead spaces.
- ❖ Starting as an egg, bed bugs take 30 days to mature into an adult after 5 molts.
- ❖ A mature female can lay up to 5 eggs a day.
- ❖ They can live for one year without feeding.

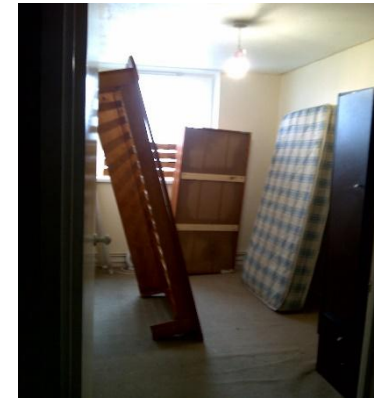
HEALTH THREATS

- ❖ Bed bugs bites are painless because they inject an anticoagulant along with an anaesthetic to produce a numbing effect.
- ❖ They are not known to transmit any pathogens as disease vectors.
- ❖ If you are bitten by a bed bug, the most common threat is from the bite itself. This can turn into a large, raised itchy wilt. And if the wilts are scratched, they can become infected.



PREVENTIVE METHODS

- ❖ After coming home from a trip/school, wash all clothing or beddings used on the trip in warm water.
- ❖ Inspect thoroughly, used furniture you have bought before bringing them home.
- ❖ Cracks in walls and floor should be repaired/sealed.
- ❖ Never bring discarded bed frames, mattresses or upholstered furniture home.



CONTROL MEASURES

- ❖ Use vacuum cleaner to vacuum clean cracks, mattresses and bed joints



- ❖ Use hand held-heaters / steamers to kill bed bugs on site.

- ❖ Use bed bugs interceptors: interceptors go under the feet of bed. They keep bed bugs from crawling up into the bed.



- ❖ Use of heat treatment (black widow) in an enclosed chamber at 60°C for 2 hours.



- ❖ Use an encasement for your mattress. The encasement should be one that is meant to keep out bed bugs. It should also be strong enough to not rip.



CAUTION!!!
DO NOT USE ALUMIUM PHOSPHIDE TO CONTROL BEDBUGS

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**JEM INTERCONTINENTAL SERVICES
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ELIMINATE BED BUGS



**BEFORE THEY TAKE OVER YOUR
HOUSE!**