



Bed Bugs - “ How did they get into my building?”

- We should start with some basic information on bed bugs, this will help us understand their nature. As with all life forms on this planet, they are a creature of habit.

- Bed Bugs are attracted to a few key things. **1) Blood.** This is what they must consume in order to live and reproduce. **2) Heat.** They will always gravitate towards anything that provides a warm spot for them. **3) Carbon Dioxide.** This is a huge beacon for bed bugs. They are drawn to it. We exhale this every time we take a breath. When we sleep we release a constant supply, which then settles to the floor creating an attractive CO2 pool. The bed bugs will be attracted to this, and as they get close, they will also find that our bodies supply warmth to them. I am sure you can guess the next part, they will now feed on us, consuming our blood throughout the night.

- So now that we understand why they are attracted to us directly, lets figure out who could get bed bugs inside their home.

- **Anyone, anywhere can have bed bugs.** A huge misconception out there is that only dirty, unsanitary people get bed bugs. This is not true at all. Now in saying this, if you keep a tidy home with little to no clutter, then you should be able to spot bed bugs more quickly. You may notice the spotting, shells/casings, eggs, and the bugs themselves. Bed bugs are a natural hitchhiker, but they will not chase you or follow you home. They will however latch onto you, and stay hidden until you arrive at your home or another location. This can also happen with the eggs, as they are naturally sticky. It is possible to rub up against someone or something and easily pick up an egg.

- Lets talk about the ways a person could get bed bugs, or how they can be brought to them without knowing it.

- **1)** A simple way would be from any used furniture, because any piece could be housing bed bugs somewhere in or around it. Always check any used furniture you may be getting thoroughly, even if it is from family or a friend. At the early stages, bed bugs are difficult to notice. **2)** Going to a place that already has bed bugs, or having a guest come over to your home with a bed bug issue of their own. Both ways allow the transfer of bed bugs. **3)** Moving into a place that has bed bugs, or sharing a wall with a neighbour that has them. They can transfer from unit to unit, depending on the severity.

- We always recommend calling a professional to take care of a bed bug issue, as self treating can be unsafe and can lead to a prolonged problem. Here are a few tips to think about when it comes to picking up bed bugs, and some precautions.

- Vacation spots are a common way people can get bed bugs. When arriving home, always go through your luggage and carefully search the seams for any pests. Wash all your clothing before putting it away, and jump in the shower before going to bed. When arriving at your destination try to keep your bags up high, never keep them on the floor, and even do a quick search of the bed. Look for the typical signs: spotting, shells/casings, and eggs.
- If moving, be aware that the truck or van you are using may have come into contact with bed bugs from a previous user. In this case, we do offer a treatment where we can heat the entire vehicle for you. That way you can move into your new home with no fears of pests coming with you.
- When cleaning your bed area, or changing the sheets or blankets, take the time to shift your mattress and look around the seams and corners for any signs of bed bugs. Remember, bed bugs will usually be close to wherever you are the most: couch, bed, computer chair, etc.
- Bed bugs have been found recently in movie theatres, libraries, buses, cabs, and sadly even daycares. As you can see, they can be found anywhere. If you ever think you might have come into contact with bed bugs, please take these precautions when returning home: strip off your clothing in the tub or garage, and shake off to see if anything drops. Proceed to throw the clothing into the wash, and then have a shower. This will help eliminate the chances of you bringing a hitchhiker back home.
- Educate yourself as best you can. We have links on our site @ heatstrikepest.com to many photos and videos that show you exactly what to watch out for.
- Whether you are getting a heat treatment, or doing a conventional chemical treatment, always follow and complete the prep fully. This can increase the success rate for you to become bed bug free.
- Bed bugs and their eggs will both die from a complete heat treatment, which can usually be completed in one day. Be aware that chemical treatments will always need multiple applications. Commonly its 2 to 3 sprays with a 2 week gap in between.

We all need to work together to solve this pest issue. You can visit us at heatstrikepest.com for more info. Or call us anytime with any questions or concerns at **780 - 722 - 9261.**

