

How To Win Your War Against Bed Bugs

HOW TO WIN YOUR WAR AGAINST **BED BUGS**

SELECTED TIPS - 69 PAGES!



69 Pages!

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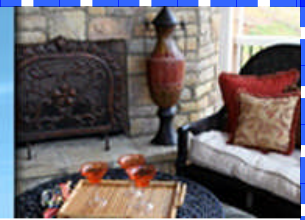


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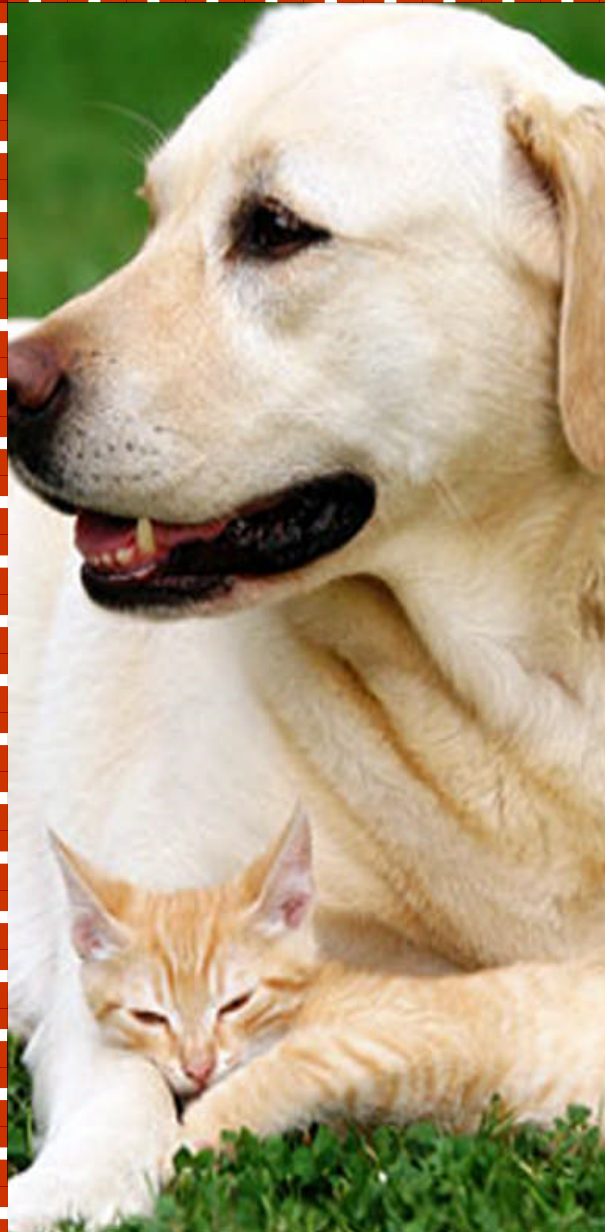


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What Bed Bugs Look Like

Now that you know a bit more about this bad creature, it is time to learn more about what they actually look like.

You will find several pictures located here to help you, but it is important to read the necessary information about them as well. Bed bugs are commonly mistaken for other pests in the home. Or, you may think that you have bed bugs in your home when you actually do not but have some other pest lurking there.

If you plan to treat bed bugs, you need to have proper identification of these insects. Here are some key points to help you to identify them.

- In their adult stage, they are brown to a reddish tint of brown.
- They are an oval shape but they are also flattened out.
- In size, the adult bed bug is about 3/16 to 1/5 of an inch long.
- When they have just had a meal, the bed bug is swollen looking. They will be longer now and have a dark red color to them.
- On the front of their heads, they have what looks like a beak that allows them to pierce and suck from their mouths.
- Adult bed bugs do have wings. These wings do not allow them to fly, though. They are small in size and are very short looking.
- The eggs of bed bugs are white or colorless. They will darken in their color as they mature. They will eventually have a brownish tint to them when they are mature.
- The nymphs look a lot like that of the adult bed bugs in their appearance, just at a smaller size.

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They Look Like Others

Bed bugs are commonly mistaken for other bugs that are in the same family, (Family Cimicidae) or in a closely related one. They are often confused with *Cimex adjunctus*, which are bat bugs or with *Cimexopsis* spp which are chimney swift bugs. The swallow bug, *Oeciacus* spp is also confused with bed bugs quite often.

Often the only way to know if a bug really is a bed bug is to have a professional look at it. A microscope is used to determine if the pest has the tell tale characteristics of a bed bug, as we have mentioned above. It is often necessary for a skilled entomologist to do this type of investigation as most can not tell the difference from these creatures listed to the bed bug.

A Brief History Of The Bed Bug

You may not think of an animal like the bed bug of having a history, but this one does. In fact, it has been found that this is one of the strongest species of animals present on the Earth because of what it has accomplished.

While most humans would be okay with the bed bug being extinct this is anything but what is likely to happen over the next years.

A Look Back

Taking a look back, it can be found that the bed bug has been found in ancient writings. It is commonly believed that the bed bug has been around for thousands of years, probably as long as humans have inhabited Earth as well.

The bed bug was first called a pest in the 17th century. They came to the Americas just as the colonists did. They traveled with them on board the shipping vessels that were used by immigrants. With each new wave of colonists came a new wave of bed bugs.

The 1940's and 1950's

In the 1940's and the 1950's, the United States was using a product called DDT. This is known as the first type of pesticide that was used. It was first developed in the early period of World War II. Its purpose was to stop the spread of infectious diseases such as malaria and typhus by killing off the mosquitoes and other pests that helped to spread the disease.

DDT was used throughout the military but it was also used by everyday people as well. This allowed it to be used heavily and virtually everywhere in the United States readily. It was even used as an agricultural insecticide.

So, what does this have to do with the bed bug? DDT actually almost caused the extinction of the bed bug in North America. During the middle of the 20th century, it was hard to find a bed bug.

Are They Gone, Then?

Unfortunately for most people, the bed bug did not die out during this time period but over the last several decades has staged a come back that is large enough to cause them to re-infest many areas quickly. North America has seen a tremendous growth of bed bugs in the last ten or so years.

But, there is something different this time around....

DDT is no longer used today as a pesticide. It was banned from use, as were other products that are similar to it, as it was found to be dangerous not only for the bed bug and other pests but also to the human population itself.

This poses as bit of a struggle for those that are trying to treat bed bug infestations today. Many of the products that are used today are just no effective at treating these pests. In fact, the bed bug can be just as hard to treat and get rid of as that of the cockroach. In short, there is no 100% guaranteed method to treat an infestation of bed bugs.

The Life Cycle Of The Bed Bug

The female bed bug is the main focus from the start. She will lay up to twelve eggs per day! While it may only be one egg, it can be as many as a dozen.

She will place these eggs in a specific location and generally it will have the same characteristics. It is usually a rough type of surface. Or, she may place them into a small crack or groove that she finds.

She can place them on any rough surface because of the coating that is on them. It is sticky and will pretty much stick to anything.

It can take from six days to seventeen days for the eggs to hatch.

The baby bed bugs are called nymphs. Their first order of business is to feed. In fact, they are able to feed from a host right after being hatched.

They need to find their first meal quickly as this blood meal is needed for their development. They will molt after their first blood meal.

They will go through a total of five cycles of molting before they will reach their adult size.

In most cases, from start to finish, the egg will go from being a small egg to being a full grown adult in as little as 21 days.

Temperature Matters

One thing to take note of when looking at the life cycle of a bed bug is the temperature in the area. In order for the egg to hatch, the nymph to molt and for the bed bug to grow, the right temperature must be met. This temperature needs to be between 65 degrees and 86 degrees.

If the temperature is not met, the maturity of the bed bug is usually delayed. If the temperature is at 86 degrees, the bed bug will mature in about 21 days. If the temperature is that of close to 65 degrees, it can take as long as 120 days for the maturity of a bed bug to actually happen.

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Food

From the time that the egg hatches, the main goal of the nymph will be to find food. It needs a blood meal in order to grow and to receive its first molting session. From the time it hatches until it reaches adulthood, it needs to molt at least 5 times. Yet, it can not do this without the right amount of food.

Again, this period of nymph will likely be elongated if there is not enough food to provide the necessary growth and molting periods for the bed bug. The time that it takes for the nymph to reach maturity has a direct relation to the amount of food that it has.

Habits Of The Bed Bug

As someone that is looking to get rid of bed bugs, it is important to understand just what these creatures like to do. The habits of bed bugs may amaze you even though you really do not like them.

The bed bug is not a creature any of us really want to get to know, but understanding more about them will help you to get rid of them.

Eating

The bed bug likes to eat at night. He is a nocturnal blood feeder. He likes to find his host when it is sleeping and therefore lying still. This poses less of a risk for his well being, of course.

They are very quick moving animals and can easily get out of the way if needed.

They will use their very sharp, pointed beak to break the skin of the host. By piercing it, they open it up enough to insert a fluid within it. This salivary liquid is what allows them to withdraw blood from their host. It is what is called an anticoagulant which will stop the host's blood from clotting and closing up the pierced area too quickly.

An adult bed bug will take up to fifteen minutes to feed from that one pierce. Most adults will be filled within ten minutes but can eat for up to fifteen.

The nymphs, or babies, will start to feed as soon as they are hatched and can find food or a host. When they do, they can only feed for as little as three to four minutes. As they grow, they will feed longer until they reach their adult size.

The bed bug does not need to eat very often. It can go several months without consuming any food. But, it will usually begin to seek out the host again after five days for another feeding.

The bed bug will look for his host again when he is hungry as it will take him this long to digest the blood meal he has just consumed.

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What They Like

Do you care what bed bugs actually like? Most of us would say no, but we still should take a look at this topic for a better understanding of these little creatures.

First off, they enjoy the dark and prefer not to come out unless it is dark. They are creatures that like to hide and stay out of sight.

To hide, they will find small crevices and cracks to hide in. This may be places like fabric or wood, but any place will do as long as they are hidden.

Usually, the bed bug will not travel too far from its host, as it wants to stay close to its source of food. But, they can and do venture away if they so choose to do so. Although they are small, they can travel throughout the entire house if they wanted to do so.

Yet, it is most common to find them near their host's bed or in the small vicinity of where they know they can find their host.

The most common location for them is in the folds of a mattress.

What A Bed Bug Can Do To You

While all of this is great, what you want to know is what the bed bug will end up doing to you.

The good news is that bed bugs are not that dangerous to most people. While no one wants to have them around, they are not likely to provide you with any real problems, although in some people they can cause a higher level of reaction than others will have.

Bed bugs are often thought of in the minds of children as biting. In the sing song, "Don't let the bed bugs bite," they may have described just what the human can expect from the little bed bug.

The good news is that it is painless to the human. The bed bugs will likely feed from their host at night, while the host is sleeping and still.

Therefore, it is likely that the host, or human, will never feel it or will they see the bed bug actually bite them.

The bed bug will inject a liquid into the bite that it creates. This fluid is used to keep the blood from clotting and sealing up the wound. In most cases, the only way that you will know that you have been bit is by the reaction that some people have to this fluid.

If you do have a reaction to the fluid, it is likely to be something that is bothersome but not overly problematic. It will be an itchy, irritated and inflamed area of the skin.

But, each person is different here. Many people will not have any reaction to the bug bite at all, which makes it harder to know they are even there.

Harsher Reactions

Some people will react in a much more severe way. There is no way to tell which way you will react, until you do. If they react severely, it is likely that they will have a swollen and hard area on their area of their skin at the bite mark. It will be small and usually looks like a white welt on the skin.

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If you have this serious of a reaction to the bug bite, you will likely have a great deal of itching to go along with it.

If you have serious reactions to the bed bug bite they can last from just a few hours to days. It is wise to seek out the help of a professional when you have these serious reactions to any type of bug bite.

One of the most common signs of bed bug bites is having three or more bite marks or welts in a row. This is thought to happen because the bed bug will become detached to the area, possibly by the host moving, and will then need to open a new piercing to draw blood from.

One thing to note about the bed bug is that they are different from flea bites. They will not have a red dot in the middle of the bite mark, but will be a solid color throughout the mark.

It is important to notice any marks that you may have that are small, bite like marks that you really can not explain.

How To Control Bed Bugs

Bed bugs are always going to be unwanted housemates. They may not be as disgusting and scary as some other insects such as cockroaches, but they are still really annoying.

Bed bugs thrive by living in small holes, in cracks or in crevices in household walls and floors. They often live in mattresses and bedding, in fact anywhere dark and warm.

Bed bugs live by sucking on blood. This is their main means of survival. Generally they venture out when it is dark to suck blood or feast on skin from unsuspecting victims, usually those who are sleeping.

The good news is that bed bugs are not known to transmit or pass on communicable diseases, but their bites can become really itchy. For some people, particularly those who are in high risk categories or who have sensitive skin the bites of a bed bug can be a serious health concern.

There are numerous means of controlling bed bugs.

1) If your house is bed-bug free;

You should focus on preventative measures. If your house is still bed-bug free then make sure it stays that way. Cleanliness is one of the key factors in preventing or controlling bed bugs. Be sure to use a vacuum cleaner as these are effective against bed bugs and their eggs, and as such are great as a preventative measure. Generally make sure your furniture, your walls, and especially your floors are well cared for.

Because bed bugs thrive in beds it is important to change the linens, covers and sheets regularly. It is even worth vacuuming your mattress as this will remove dead skin and other things which bed bugs thrive on. Also to make sure that your mattress is in good condition check it regularly for holes or tears.

2) If your home already has bed bug infestation;

If your home has bed bugs then it can be simple to find a way to control infestations by applying insecticides or pesticides to the infested area.

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There are many commercially available pesticides which have been especially formulated to protect against bed bugs. If using one of these be sure to read all labels carefully and follow instructions before use. All pesticides are of course made up of harsh and dangerous chemicals. While these will destroy the bed bugs these can also lead to health hazards for you.

3) Hiring professionals

Sometimes the best solution when controlling bed bug-infestation is via seeking professional help and the services of an expert - pest control companies.

Controlling bed bugs is not a quick thing. A lot of checking and planning must be conducted beforehand. You should be prepared to throw away anything which is heavily infested, and often this will include bedding and mattresses (would you want to sleep on bedding that had been heavily treated with chemicals?) There are sure to be a number of pest-control specialists in your area.

If you live in an apartment then coordinate with your landlord or landlady as it will be their responsibility to ensure that all necessary arrangements are taken care of with regards to pest control measures. All state laws mandate them to make sure that their buildings are safe and free of pests.

Since bed bugs are incredibly persistent, expect that the process of controlling them will be tedious. Like other insects, bed bugs are resilient, with their systems strong enough to resist many attempts to eradicate them.

Normally a professional controlling bed bugs will be able to do so in a few hours. This will depend on the size of the house and the severity of the infestation.

Furniture, drapes, carpets and other home accessories will need to be checked to ensure the treatment has not missed even a single bug. be sure to inform your neighbors as there could be residue from treatment and it can smell for some time.

At times, pest control experts may advise you to throw away several pieces of soft furniture, especially beds and sofas. This is because most mattresses and foam cushions are made of

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foams or materials that have tiny holes on it, which is ideal for bed bugs to hide in. They are also difficult to treat effectively.

In disposing of beds or sofas be sure that it can never be used by others, otherwise bed bugs will transfer from your house to someone else's. Because environmental concerns should rule out burning, you will have to put the bed into a special covering to make sure all bed bugs on it are trapped inside.

Bed Bugs In The Big Apple

While the struggling Mets and Knicks make few headlines, bed bugs are again making headlines in New York City.

New York had reported infestations of 377 in 2004, compared to just 2 in 2002 and 16 in 2003. Whether this is because of better reporting or because of significantly more cases is anyone's guess, but it is believed to be a bit of both. Cases are up across the whole of the US, but it is New York that shows the most disturbing trend.

And, it is not only the less affluent areas. Hordes of bed bugs were found in duplex apartments in Park Avenue, and those living in a Riverside Drive cooperative were forced to spend \$20,000 in order to remove these insects. Entomologists have identified that the re-emergence of bed bugs as a major concern is attributed to increased numbers of immigrant settlers arriving from 3rd world countries as well as increased travel activities as well as the use of lesser effective insecticides.

It is also possible that new mattresses bought from department stores might have been infected by other things held in close proximity to the new mattress. As companies agree to remove old beds and sofas when customers buy new ones, it is likely that bed-bug-transferral might happen.

Once they have entered a house, bed bugs are able to attach themselves to clothing and this can result in transferral to neighboring apartments. Anybody who stays in any hotel has an increased chance of bringing bed bugs home. Even some of the US's / New York's most popular and notable hotels have been reported as having infestations. As well as this, bed bugs have also been found at private schools, in hospital maternity wards as well as in the waiting rooms of a downtown New York hospital.

So just who is the enemy?

Bed bugs (scientifically named *Cimex lectularius*) do not have wings unlike many other insects. They are brownish in color and are up to a quarter inch in size. Bed bugs are nocturnal parasites and are seldom active in day time. They are active when around human hosts but

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only come out at night. Because of this, most people will only discover them once their population rises to many hundreds or even into the thousands.

While human blood is their favorite meal, bed bugs will also feed on blood from cats, dogs, birds or other mammals. Bed bugs have very highly developed mouthparts which they use to bite through the skin and suck blood. They normally only attack people when they are asleep.

Bed bugs will eat for as long or as short a time as is available to them. They will eat slowly and gorge on human blood over as long as a few minutes. They expand to up to three times their normal size once they have filled with blood. But, because of the way that they consume the blood humans are normally oblivious.

Bed bugs are not known to transmit diseases and their bite only results in small red wheals which dermatologists sometimes mistakenly identify as being scabies or hives. An adult bed bug can live for up to a year and a single female can lay as many as 500 eggs.

Brooklyn street fighters

Increasingly insecticides bought from local hardware stores are becoming ineffective in fighting against bed bugs. They are becoming increasingly more resilient and resistant to insecticides over the years. It has also been found that using cockroach bombs only scatter them to different areas.

Pest control groups across the US and also in New York now advise those with bed-bug infestations to wash and bag each piece of clothing from all infested rooms as part of any pre-extermination procedure. Any Garments or bedding which has been badly infested should always be thrown out, since these cannot be sprayed with insecticides safely. Clutter should be cleared in advance, as spaces filled with belongings will only delay inspection and the treatment process.

In addition, bed frames, cabinets and bureau drawers may need to be cleared, as various chemicals will be used in the treatment and they will need these to get into every corner.

Despite various ways to fight bed bugs, people need to accept the fact that they are back and will continue to stay in the Big Apple.

The Truth Behind Articles On Bed Bugs

Wherever you look, there are plenty of articles about bed bugs, on science journals and online. Finding out what they are, how they affect people's lives and how you can stop bed bugs from spreading has encouraged a massive number of articles about bed bugs.

Such articles tackle many issues concerning bed bugs. The first types of article that you may come across describe what bed bugs looks like.

Physical descriptions of the parasite are able to give us an idea of how to differentiate them from other parasites. Mature bed bugs reach a quarter of an inch and are reddish or brown in color. They have oval flatish bodies. Often this kind of article on bed bugs will provide photographs making it easier for you to identify these insect.

According to such articles about bed bugs, there are different kinds of bed bugs. Apart from common bed bugs which prey and feed on human blood and skin there are also bed bugs which prefer animal blood such as that of birds or bats.

In order to better understand them, articles about bed bugs try to offer an understanding of the creature's life cycles. Female bed bugs tend to lay their eggs in hidden areas. A single female may give birth to over five hundred eggs during their lifetime. Eggs are small, greyish or whitish, and you may need to use a magnifying glass to assist identified.

Some articles confirm that once laid, the bed-bug's eggs are sticky and adhesive when they are first laid. Once laid they stick to whichever surface they are placed on. When they hatch, the juvenile bugs are no bigger that the size of a pinhead. But as these bugs grow, they shed their outer skins up to five times before they become adult.

Articles suggest that the speed at which a bed bug develops depends on having the right temperature. This is pitched at being between 70 and 90 degrees Fahrenheit. At that temperature they are able to complete transition from egg to adult in a month.

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Cool temperatures and restricted access to prey can restrict the speed at which full maturity can be achieved. However other articles on bed bugs do compare them to cockroaches because they can survive for a year or more without a blood meal.

Other articles explain how a bed bug is a nocturnal creature. As parasites, they can move almost unnoticeably through our homes, our furniture, our carpets, our bed, etc. and although they are not able to fly, bed bugs are very quick and can move around with ease across almost any surface.

Bed bugs are what could be classed as patient parasites. When they feed on humans they pierce the skin with their hooked beaks to suck the blood. Articles further explain that unlike other parasites, bed bugs prefer to take their time when feeding. This slow method of feeding could be the main reason why most people do not wake up when bitten by a bed bug.

The most helpful writing on bed bugs is the information that shows how to detect such pests in our houses. One definite sign that a bed bug is under the sheets is dark brownish stains and brownish spotting on the outside of the mattress. This is a clear sign of a pest's excrement and droppings.

The way that physical manifestations of bed bug bites appear can easily be mistaken for another type of insect. But if there are tiny droplets of blood also on the sheets, the pillowcases or on the walls accompanied by the itchy, swelling bite on exposed skin, then it is likely that you may have a pest in your bed.

Once you confirm that bed bugs are in your bed or other areas of your home then articles suggest that you should throw the bed away. Using pesticides on your bed may work, but may also be poisonous and hazardous for the owner, if they intend to sleep on it afterwards.

It always pays to get the right information on any subject, but particularly on bed bugs. The truth can only be found if one searches for it.

How To Get Rid Of Bed Bugs

Undoubtedly there will be elements in your life which you feel are problematic and you would happily rid yourself of, and bed bugs will almost definitely be something on that list of pests.

Bed bugs are very small, crawling insects which thrive in dark, warm parts of your home anywhere where cracks and crevices exist. Bed bugs are also so small that they can barely be seen with the human naked eye. Observing bed bugs in order to look closely at them you will need to use special magnifying lenses or glasses.

Bed bugs suck the blood from their hosts, and most bed bugs prefer human hosts. You can easily be an unwilling and an unsuspecting host, as can your pets and housemates. Although, medical experts agree that while bed bugs are relatively safe pests as they do not carry diseases in their systems, the bites of bed bugs can be really irritating and discomforting.

Bed bug bites are often quite itchy and will swell up like a mosquito bite or the bite of other insects. And that is why, although they pose no majorly serious medical threat they should still be treated as skin hazards. It is possible that you may accumulate a lot of small wounds which individually are irrelevant, but as part of a lot of scratches and bites might cause problems.

How do you rid yourself of bugs?

The answer to this can be quite simple. To rid your house of bed bugs you need to have determination because you will need to be patient. It can also be quite costly to clean the house of these bed bugs.

The best way to rid yourself of bed bugs is definitely to go out and hire professional help from a pest control company. Extermination companies will get rid not only of bed bugs but also their eggs and other house transients, other insects and pests. Because it can be quite expensive, pest control professionals will have invested in expensive equipment. Extermination is now very sophisticated and you may be amazed at the level of technology used.

Understanding the technical aspects of bed bug extermination

To be effective, pest control professionals will use an array of chemicals. These come in the form of insecticides or pesticides.

Because these chemicals are so harsh and if miss-used can be deadly, it is strongly advised you leave the handling of them to professionals. Pest control personnel will know what they need to do since they will have been doing so for a long time. Trust them and then let them get on to do their job. Step aside and only return to your home once they tell you it is safe to do so.

They will also brief you as to how to deal with furnishings and furniture which might contain residues from the pesticides. Listen carefully to any instructions otherwise you will run the risk of poisoning yourself.

When professionals are unavailable

If for whatever reason you cannot seek professional help then there are alternatives. Having knowledge about the health risks of the harsh chemicals used in the pesticides will help you to handle them safely. Remember that to be in a position to rid a house of bugs or to be in a position to kill them, pesticides formulations must be very potent and really strong in order to be fatal to bugs since insects, including bed bugs all have strong resilient immune systems.

The humans of your household however are not so resistant to these poisons or as resilient. There have been hundreds of cases reported of poisoning and fatalities from the inhalation of or contact with pest control chemicals. Several of these cases were fatal, and resulted in one or more deaths.

To prevent such occurrences you must ensure that you handle all pesticides carefully, and avoid spraying where it is not absolutely necessary. Then clean up the sprayed areas for possible residues after.

Getting rid of bed bugs can be really hard, but you will get away with it, if you act accordingly and smartly.

The Bed Bugs Dilemma

Bed bugs are one of the most common pests in the whole world. It was once eradicated in America, but the influx of travelers and immigrants from different places in the world have made it to the list of being one of the most common in the U.S. These tiny pests infest hotels, homes, motels, apartments and shelters. They can stay in anyone's mattress, beddings and furniture.

What are they? They are called the *Cimex Lectularius* in entomology. They are flat shaped oval insects with reddish brown color. Their sizes range from 4 to 5 mm or 1/8 to 3/16 of an inch. They are wingless tiny creatures that are nocturnal animals that sleep by day and feed at night especially in the early part of dawn when people are tight asleep. They are attracted to human's body temperature and the presence of carbon dioxide. Like mosquitoes they pierce the skin and sucks blood through tiny tubes in its mouth. There are in fact two tubes, one is to suck blood while the other one is to inject anesthetics and coagulant. So they could feed unnoticed till they are satisfied. The poor victim only notices its pain and itchiness after an hour when the anesthetic effects wear out. Next comes scratching due to body's extreme reaction to allergies and possibly serious scars due to skin infections.

There were major concerns about the possibility that bed bugs could transmit diseases between humans since they thrive on blood. Issues lie on the fact that they harbor pathogens like hepatitis B and the plague virus. However it is a relief to note that there are no known disease outbreak transmission cases attributed to bed bugs unlike the mosquitoes with the H fever virus,

Infestation is Bed bugs can lay 500 times in a life cycle at five eggs in a day. The egg size is 1mm in length with milky white color. It takes 1 to 2 weeks to hatch the eggs. When they are born, the young hatchlings begin to feed early at least once in its 5 stages of life cycle until it reaches maturity.

Bed Bugs are often mistaken as ticks. They do not have wings and don't jump. But they can be agile movers though not fast enough not to be detected when surprised by a beam of flashlight. These pests are so tough. It can live up to 12 months without feeding. They can lay seemingly hibernating but they are just waiting for a poor victim to come near by. That is why they stay in beddings, mattresses and chairs. They cannot jump but they can climb walls and ceilings to drop off at unsuspecting beds.

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Suggestions on how to detect if someone's bed is infected with bed bugs. There are three items:

- 1.0 Find if there is itchiness and swelling in the bed's owner's face, neck, arms, shoulders and legs. Check the children and adults alike.
- 2.0 Find if there are dark stains and spotting on the mattresses. Look at the sides, under, and on top near the area where sleeping body lies.
- 3.0 Wake up early at before dawn. Make ready with a flashlight and slowly crawl out of bed one dark morning about 4 am and beam your light under the mattress, under the bed and every crevice where the pests could hide. Do this in all beds, chairs and furniture, cabinets where people normally stay and rests. Do not just jump out of bed and put the lights of the room on. It will disturb them and scamper away to hide in all directions. If you are careful enough you would see the bed bugs with your flashlight mingling together in a suspected hiding area.

How to get rid of the bed bugs?

The best and easiest way is to junk away the mattress. But if it is relatively new, a pesticide treatment could eradicate them from your bed. However the smell left by the chemicals is unsafe for the human, so it is a must that the mattress should be washed with detergents and rinsed with warm water. Hot boiling water could do the trick in lieu of the pesticide chemicals, then washing the mattress with detergents and warm water. It will be perfect to use pressurized water for rinsing.

Elimination of pests with the help of professionals is good practice. For new home owners. It is recommended that the house gets pre-treated before dwelling against parasites. But once they do so, cleanliness is still the best key. When people come and visit from different locations, their luggage could be carrying these bed bugs. So regular check with carpets and sofas and mattresses are preventive measures against severe infestation.

Bugged And Bitten: The Bed Bug Problem

These little creatures called bed bugs can threaten your quality of life. Not simply by disturbing your sleep every night and keeping you awake. But because they sting your skin, making it itchy, reddish and swollen. Worse is if your skin has extreme allergies to bug bites. However, don't feel helpless; there are available solutions.

The scientific background of the little pest

Bed bugs are named as the "Cimes lectularius" in the science of entomology. Their color is mostly reddish brown, flat oval in shape and has microscopic hairs that appear as stripes through naked eye. They grow to about 4 to 5mm or 1/8" to 3/16" and they can be seen easily as they move slowly. Younger bugs are translucent and lighter in color. When they reach maturity, they look like tiny apple seeds. They are wingless tiny insects that are considered nocturnal who sleep by day and are active at night time. Bed bugs are most active at dawn and are attracted to human's body warmth and presence of carbon dioxide. These pests pierce the skin with two hollow tubes. One tube injects saliva containing anticoagulants and anesthetics. The other tube sucks blood from its victim. They feed unnoticed because of the anesthetic substance for several minutes. The itchiness and swelling of skin happen after an hour. Poor are the victims whose bloods are sucked unnoticed until the bug has eaten enough.

Disease transmission

There were no known facts of disease transmission due to bed bug bites although they are carriers of some viruses like plague and Hepatitis B. However other people do get serious scars and scratches out of skin infections

Reproduction

Bedbugs can lay 500 times in its lifetime at the rate of five eggs per day. The size of the egg is about 1mm in length with milky white color. They hatch in 1 to 2 weeks.

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Eating habit

The bugs typically seek food every five to ten days. They can go dormant for up to 18 months without food and those that eat the most live the shortest at typically 4 to 6 months. The new bugs begin to eat early. In fact in its 5 molting stages before maturity, they must eat once during each stage. When they bite, they transfer from one portion of the skin to the other as the movement of a sleeping person disturbs them. This is where you see patterns of bites in a row or a cluster.

Where they stay

Bedbugs are not associated with filth. It is a mistaken notion that this attracts them. They are there not because there is presence of waste and dirt. They are there because of the ideal heat and the presence of carbon dioxide that attracts them. However, infestations may be associated with poor housekeeping in the sense that they were allowed to stay despite detection. Bed Bugs are difficult to find, but knowing where to look would help. They usually thrive on beddings or upholstered furniture where humans usually stays. They hide in the folds of the upholsteries. They stay in every nook, crevice and cranny of furniture, walls and cabinets. Clusters of insects hide there with their eggs.

Catching them

Low infestations are harder to detect. To catch them, use a flashlight and look for them in an hour before dawn when they are most active. Movements must be taken with care, as bugs will scamper like ants when disturbed. Glue traps may be used in strategic areas where they are known to hide. A double sided tape may do the trick too. Pesticide use is the best way to eradicate Bed Bugs. Detamethrin is an effective pesticide. Spraying DDT was a popular practice but the government banned it due to potential issues with humans. Treatments applied nowadays are done by professionals hired by homeowners where certain procedures are required before they come. Like for example, garments and beddings identified as infested must be discarded from the house.

Preventions

Preventions of infestation could be addressed with the knowledge of some of its characteristics. Bed Bugs do not fly or jump but they can climb higher walls or ceilings to fall down and get into another area. They can be your bed, bench, upholstered chairs and other furniture. So beds and furniture must be protected by putting barriers around its legs. A method is putting cardboard tainted with pesticide. Ceilings and walls maybe protected by putting chemical chalk at the base. Cleanliness is the best in preventing bed bugs. Beddings and pillows need regular replacement. Furniture being cleaned outside with water and detergents regularly will control possible infestations.

How To Deal With Bed Bugs In Hotels

The bed bug is believed to be as ancient as the human existence. Experts assess that bed bugs fed from pre-historic humans' blood since the time they dwell in caves. When human dwellings evolved from caves to huts made of leaves and from huts to houses made of woods and into the concrete buildings, the bed bugs moved along with the civilization. When people moved around into the modern world from house to house, hotels to hotels and back, the pests moved with them too. Bed bugs travel in the crevices of luggage and drops in carpets and mattresses on the arrival of his host.

The growing complaints for bed bugs in Hotels keep increasing. It is major challenge for management to keep their establishment free of bugs. They take pride in claiming that their hotels are bed bug free, but how many are they that claim this, perhaps a few.

Why are Hotels infested more than the regular homes? Perhaps it is to the fact that there are more beds in hotels than in houses. Since there are more beds, there are more bed bugs and are more difficult to control. When Hotels do not give attention to guest's complaints of early symptoms of bed bugs presence, the problem elevates to the scale of infestation.

In the 1930's there was widespread infestation of bed bugs in American hotels. They were eradicated with the implementation of DDT pesticide in the post war era to the 1950s while the specie continues to grow in other parts of the Globe like Europe, Asia and Africa. Eventually the DDT was banned due to harmful effects on humans.

The bed bugs have now returned in hotels partly due to the increase of tourist influx and immigrants who might have picked the bugs from their origin and leaves them behind in hotels where they have stayed. Partly and a direct correlation is the banning of the DDT in the 1960's which was then the only effective pesticide for bed bugs. These are compounded by the pests capability to reproduce at an alarming rate. A bug could lay 5 eggs a day for a life cycle of over one year and lay a total of about 500 eggs in its existence. It is to be noted also that bed bugs could reproduce 3 generations in almost a year.

Major concerns for hotel owners are court cases filed by disgruntled patrons who suffer severe skin infections due to bug bites. It is alarming that it is not just the cheap hotels that get infested.

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Even the first class one to five star hotels are not spared. The search for solution and addressing mass suits gives alarming concern that affects profitability of the hotel business.

There are two ways that hotels implement to control bed bugs infestation. One is the chemical treatment and the other is the non chemical approach.

Chemical Treatment - Chemical treatment is conducted by pest control professionals. This is effective in reaching hard to reach tight places in hotel rooms. Two popular forms are the inorganic diatomaceous earth and the silica aerogel. They are placed in hard to reach tight places and support long term effectiveness. These desiccants render dehydration for the bugs and eventual death. The chemicals are low in toxicity for humans and domestic animals. Pyrethroids are liquid insecticide repellent chemicals used in applying into crevices to prevent bed bugs from creeping into them.

Non-chemical treatments

a) Vacuum Cleaning – Do daily vacuuming of mattresses, furniture, beds and headboards where bed bugs usually to hide. The vacuum bag must be disposed of its content such that the captured bugs are ensured of being eliminated.

b) Steam clean and Hot drying – Steam cleaning and hot drying of carpets, upholstery of furniture, beddings and curtains helps eradicate bed bugs and its eggs from all other possible hiding places.

c) Housekeeping - Maintain housekeeping and eliminate clutters in hidden places like cabinets, drawers, stockrooms, etc.

It is a wise management move to contract professional services that have in depth knowledge and vast experience in eradicating pests including bed bugs. Since there are many competitors in the field, it is best to select through proper selection process.

It pays to listen to guest complaints and suggestions to help improve effectiveness of both controlling bed bugs infestation and prevention. They are the key to understanding customer satisfaction and the result of the programs implemented to eliminate bug infestation.

Bug's Life - The Real Picture Of Bed Bugs

Cartoon makers and animated movies make them like cute little creatures. Thus we find amusing bugs images in modern day kids' books, comic magazines, and commercials with characters imitating human attributes. But to most adults, bed bugs appear nasty because of the known trouble they bring.

The Real picture

Bed bugs are so tiny which could be mistaken as ticks and cockroaches because of their physical appearance. They are as small as $\frac{1}{4}$ inch in size, with flat oval shape and wingless. They belong to the insect specie Cimicidae and specifically classified in entomology as the "Cimes Lectularius".

Under naked eyes, they look just like tiny apple seeds. One cannot see the real image of bed bugs without an aid of a magnifying tool. To be able to study its external anatomy, it must done through a low powered microscope. Bed bugs appearance and color is similar to young cockroach minus the wings and the long hind legs. Its is reddish brown in color. Tiny hairs running across their backs form stripes. The bed bug's armor are translucent especially those of the young ones. Like other insects, their body support is the armor itself, meaning they have no bones. Their body is shaped as flat and oval. They grow to a size of about 5mm or .039 inch. Its size and shape enables them to hide in intricate crevices of beds and furniture and dark places around the house.

Just by looking at them, it would appear that they are tiny innocent and harmless creatures. But if we will closely examine their lifestyle, it will be found that they employ a very smart system of feeding, traveling and reproducing.

Feeding

Bed bugs are nocturnal insects that sleep by day and active at night time. They are attracted to human body temperature and carbon dioxide it exhales. They attack their victims at the time they are fast asleep which is about 4 am or an hour before dawn. These pests have two hollow tubes as their mouth which pierces the skin of their host. One of the tubes injects saliva with anticoagulants and anesthetics. The other one is used to suck blood. The anesthetic substance

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keeps them feeding unnoticed until they are full. They do this for several minutes. When they are done, the itchiness could only be felt after an hour and swelling of skin could happen.

Traveling

Bed Bugs travel with humans as they migrate from one place to another. They travel in their luggage, beddings, in the furniture that get transported. Experts even propose that Bed Bugs followed humanity from the age of the cavemen to civilization. They cannot fly nor jump but they are sure good crawlers. If one may find a nesting ground, they scamper away like ants upon a sense of vibration and appearance of light. They go on top of a bed or furniture by crawling through the crevices of walls and ceilings then fall down. That is why to catch them, it is best to do it by waking up slowly at an hour before dawn then make use of a flashlight to beam on their suspected hiding place in the mattresses, beddings, chairs and sofas or places that people used to rest and stay.

Reproducing

Bed bugs multiply very productively. Its eggs are almost invisible to the naked eye. So miniscule and light weight they can be carried by dusts and wind. It is resilient that it can hatch itself without the aid of its mother after about 10 days. Bed Bugs can get pregnant 500 times in its lifetime. It can fertilize 300 eggs in one pregnancy then lay them at about 5 eggs per day. This is the reason why female pregnant bed bugs get enlarged than the male counterparts.

Pictures of bed bugs show that their external armor protects them from environmental hazards and pesticides. Only a few chemicals are effective in killing them. The most effective was the DDT that almost eradicated their species in the United States in the 1950s. However, due to health hazard concern to humans they were banned in the 60s.

There are two ways to control bed bugs infestation. Chemical and non-chemical methods

Chemical Methods

Two popular forms are the inorganic diatomaceous earth and the silica aerogel. They are desiccants placed in their hiding places to dehydrate the bugs. The chemicals are safe for humans and domestic animals. Pyrethroids are liquid insecticide chemicals used as repellent to prevent bed bugs from creeping back into possible hiding places.

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Non-chemical Method

a) Vacuum Cleaning –daily vacuuming of mattresses, furniture, beddings and crevices of places where bed bugs hide. Content of the vacuum bag must be burned or disposed of carefully.

b) Steam clean and Hot drying – Steam cleaning and hot drying of beddings, carpets and curtains.

c) Housekeeping - Maintain good housekeeping of hiding places like cabinets, drawers, stockrooms, etc.

The War On Exterminating Bed Bugs

In the 1930's there was widespread infestation of bed bugs in the USA especially in the hotels. Just after the World War II, The United States has won the war over these tiny little pests. They used the DDT, a chemical pesticide which was so potent for the bed bugs that nearly annihilated them. The specie continued to grow in other parts of the Globe like Europe, Asia and Africa. However in the 60's it was determined that DDT has harmful effects to humans and its environment so it was banned. The bed bugs came back through human migration and tourism from different nations. The Hotels were most affected and the homes of most citizens again.

They came when the most effective weapon against them was gone. So people, businessmen in real estates and hotels are affected. Not to mention the millions of people who obtains bites, scratches, scars and skin infection.

Literally there is bloodshed in this war with the bugs. Since they thrive in human blood, there have been fears that they could trigger an epidemic of diseases like hepatitis and the plague. Further studies however showed that the fear was unfounded.

These pests like their adversary (who appear as their victims than predators) have cunning ways to wage their campaign against humanity. As nocturnal animals, they sleep during the day and attack at night when the enemy least expects it. So shrewd that they don't do it the whole night but they pick the time when most people are in deep sleep and dreaming which is about an hour before dawn.

To top it all, they carry with them war apparatus designed like sophisticated chemical weaponries. Their mouth has two elongated tubes intended in piercing the human skin. One is for injecting counter defensive substance; the other is a vacuum needle which sucks the blood out. The substance it delivers works as an anesthetic and coagulant. The former is for preventing blood from clotting and keeps it flowing thru the other tube. The anesthesia is intended to make the operation site numb while the bug is at work and the host keeps on dreaming.

The operation lasts for only about a few minutes. The timing is so perfect, that ensures attack to be efficiently productive. An hour before dawn is the time when the victim is fast asleep but it is

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also perfect timing because the anesthesia lasts only for about an hour after they fed. When the numbness wears out, the itching and scratching begin but it is already morning. When the enemy wakes up, the bed bugs are already back in their barracks. The poor victim doesn't even know and may just suspect the aggressors are mosquitoes and may not even try to look for them. So the cycle of invasion continues.

Given that these bugs have the advantage of such sophisticated offensive mechanism granted by the Creator, their intelligence may not compare to that of the human brain which God have also provided. The human brain contains talents of different professions, of Professors, PhDs, Scientists, Engineers and Technicians that have joined team efforts to combat the threat of the Bug War.

So the other side of the camp plans and invents solution in terms of Detection, Entrapment, Elimination and Prevention from recurring. Imagine the years of research and the creative talents needed to counter the seemingly mindless bed bugs.

The human warfare against the bed bugs

After so much study of trials and errors, it was determined that there is no more as effective as that of the banned DDT. Therefore, the human side has to contend with the best solution available which takes careful planning and swift implementation to make them effective.

War is declared when there are numbers of incidents of atrocities of bug bites on family members or hotel guests who file legal complaints against hotel managements. So threat of invasion is no longer a question of existence. The bugs have already declared war. It is the human turn now to respond. First they need to detect location of the enemies. Then find the best weapon to counter attack.

Since bugs have been identified to operate at near dawn time frame, it is best to wake up one early morning and with the aid of a flashlight carefully look under the mattresses, floor crevices, beddings, carpets, curtains and cabinets. When the secret hideouts are identified, its time to implement the offensive.

Two methods of counter offensive were identified: The Chemical Treatment and the Non-chemical Treatment.

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Chemical Warfare

Chemical method is best applied by hired mercenaries the pest control professionals. Their tools and materials are best in reaching hard to reach tight places in homes and hotels. The chemicals used are the inorganic diatomaceous earth and the silica aerogel. They are desiccants applied in hard to reach tight places which inflict entrapment and dehydration for the bugs and provide long term effectiveness. The chemicals are safe for humans and domestic animals. To prevent other possible hideouts, Pyrethroids insect repellants are applied into crevices to prevent bed bugs from creeping into them.

Non-chemical Warfare

Non Chemical treatments can be done by homeowners themselves. Basically, they are keeping the homes clean and free of clutters: Vacuum cleaning of mattresses, furniture, beddings and other area where bed bugs could possibly hold camp. Steam cleaning and hot drying of carpets, upholstery, curtains and beddings.

Bitten By The Bug

Bed Bugs are pests and can never be pets. They are self declared enemies of men since time immemorial. They date back to as far as the time of the cave dwellers, to the classical Greece and the medieval times having been documented in ancient writings. They are never recorded or never have been treated as something that gives any pleasantries to humans, except perhaps from a mentally deranged person who will keep bed bugs in his house as pets. Always the experience is painful, annoying and health threatening. Yes these tiny little pests could give skin infection and trigger complication to a human body.

Having mentioned health which has now been always associated to supplemental food remedies and herbal medicines, This brings to mind on how could the wonders of herbal medicines be applied for bed bugs nuisances and painful bites.

Bed bug bites may appear as innocent red marks. At times they appear with patterns when they do selective bites if their victims move during feeding. But soon it could grow into swollen marks, scratches begin and skin could crack open into tiny wounds triggering infection. This becomes worse to people with low level of resistance to allergies.

Though it was proven medically that bed bugs do not transmit diseases and cause outbreaks on hepatitis, HIV or plague, it is the magnitude of infestation that holds the major concern. When the number of more people are bitten from all sectors of society including visitors from out of town, then it is alarming case of infestation. War is declared. All hands of support for different areas of concern are welcome. Herbal treatment is a non chemical method which is environmentally acceptable especially the health conscious sector.

For non chemical methods, the washing with soap and water and applying ice are the most popular 1st aids. This is advisable to free the affected area of contracting bacteria through air or contact which could cause infection. Scratching is non chemical too but is not recommendable. In fact it is deplorable as this could open the skin and make the wound prone for infections.

The next big thing is the application of herbal medicine. This method is applied to stop the itching and minimize the pain. There are liquid or powdered forms which could be taken

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internally that boost immune system, correct imbalance of necessary nutrients and increase energy. Stronger bodies are more resistive to infections and complications.

Chinese herbal medicines are known to be good in bed bug bites. They are available in local Chinese drug stores.

The common herbal plants good for bed bug bites are as follows.

Plantain - These are actually common weeds found in parking lots, driveways and play grounds. To distinguish it from the other grass, its leaves have 5 parallel veins running along its length. A plantain has broad long thin leaves with tall seed heads. The narrow leaf plantain with small flowers are with long thin leaves. There are various *Plantago* species used for bed bug bites treatment.

Mud with herbs - they are known as the simplest poultice which means a moist form of medicinal substance. A herb concoction mixed with clay. Clay is a good medium as it does not form fungal spores. This may be applied with powdered arrowroots, potatoes and mallow roots with grounded rice or oats.

Fresh Herb Poultices - These are pure herbs turned into poultices. These can be done by pounding through a mortar and pestle. Poultices are commonly done through chewing. Caution is required in proper recognition of the leaves. The safest to be chewed are leaves of oak and maple. If one is not sure of the type of leaves, leaves that are slick and shiny must be avoided. The shiny ones are usually not the type of leaves with herbal healing properties. If the taste is extremely bitter, it is neither the herbal one so spit it out at once. They are applied on affected parts with the use of a bandage. Other plants commonly used as poultices are platinum, wild geranium, yellow dock, wild mallow, chickweed and comfrey. The best herbal medicines for bed bug biters are those that were extracted from willow, maple, oak and hazel.

Controlling Bed Bugs And Other Pests

Pests have been a major concern in the daily world of civilization. May it be business, industries, commercials, media and plain folks common affairs. In fairness to the little bugs, it gives us something to work in common politically, it unites nations against it, it provides livelihood to millions people worldwide.

However if the votes of birds are counted, they will easily top the billboard. Yes, bed bugs prey on birds. In fact they were the first victims. Scientific studies show that ancient bed bugs feed only on bird's blood. Now they have managed to evolved to find the easier prey who cannot fly at the 1st instance of biting – the human species. Now they don't just climb the little nests but the bigger houses and buildings of hotels wherever people stay.

It is estimated that 5 out of 10 households have bed bugs in developed countries where there are most state of the art anti pest programs. So the figure may be more staggering in the under developed and developing countries. There are more families and hotels being infested in the poorer countries. Mainly this due to budget allocation which has to be spent in more important affairs of the nation like food and shelter. Another reason is the lack of education about the bugs and how people could avoid them through least expensive methods.

Literally speaking, bed bugs can cause more poverty to some people. There was this story of a family who lost their home when their shanty was gutted away by fire, when the father out of annoyance, killed the bugs with improvised flame thrower using candle, kerosene and bug spray. He miscalculated and hit some fire prone materials under their flooring which is infested with bugs. The bugs were exterminated for sure. But the family needed to find a sleeping place in the streets the following night.

Bed bugs are small creepy creatures which are flat and oval in shape. This structure enables them to hide in every small crevices of floors, chairs and beds near to where a person are expected to stay for hours. It is quite comforting to note that they are wingless. Because they are more cunning than mosquitoes and drinks more blood undetected.

Before the bugs sucks the food out of you, it injects coagulant and anesthetics to make sure they are not disturbed while feeding. They eat so much and could stay and wait in their hiding

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place for the next victim even for a year. But don't worry about the little guy that fed on you last night, there are thousands more waiting for you tonight on the same bed.

Bed bugs could reproduce three times in its life span. Laying a total of 500 eggs per pregnancy of about 5 eggs per day. The mother could be in its mid life and the multitude old daughters are already laying eggs with her. Look at multi level marketing chart, the bugs are more realistic in reaching its target until the home dwellers knows how to counter them or hires professionals. The bed bugs are now the fast spreading pest in the whole world.

What have the sciences have to offer? They are the only institutions or better yet, it has to take pure intelligence of human beings to counter the little than pea brains of these tiny pests.

Through the years, there have been numerous pesticides and insecticides formulated to control bed bugs. And the formulation never stops as pests tend to mutate and be more resistive on the next life cycle against the previous series.

There are three groups of substances categorized namely:

a) *Insect Growth Regulators (IGRs)* – This substance intends annihilation because it is designed to make bed bugs impotent. They do not kill, but it inhibits reproduction. Critical is reliability and accuracy on hitting the right target of infestation and the result will have to wait on the next cycle of reproduction.

b) *Contact Pesticides* -are those substances that repels the pests. Makes them go away from their original hiding places. They kill upon being engulfed but allows escape for those who happens to be repelled by its smell. It could be through spray, defogging or liquid, gel application on hiding places. These are considered the fastest way of liquidating bed bugs. But these are the least effective for total eradication because the liquids that stay on surfaces where bugs could be walking by will just have to avoid them because they don't like its smell.

c) *Insecticidal Dust* – This is more effective than the contact pesticides. It does kill upon contact by destroying the armor protective layer of the bed bugs and penetrates the body system as poison.

A Guide To Get Rid Of Bed Bugs

There are chemical and non-chemical methods by which the bugs could be taken care of. There are insecticides in spray form or gels and powders. There are repellants and killers or both at the same time. Repellent sprays and gels prevent them from getting back to the hiding places. There are powder forms are lethal that kills them on contact.

Non chemical methods uses basic housekeeping. Free the house of clutters, bring out the infested furniture, mattresses and pressure wash them with hot water and soap. If the furniture are too much infested, leave them out in the sun to dry on prolonged period and do it all over again. Vacuum cleaners may be used but make sure the vacuum bag with pests inside are disposed of properly in fire or hot water.

A combination of chemical and non-chemical methods will be the best approach to adapt.

As prevention for recurrence, take all precautions by keeping your house clean. Make sure new visitors from other places have their luggage examined first especially if they have stayed in hotels that are infested with bed bugs.

What Are Bed Bugs?

If you wonder one morning upon waking up why you have patterned little red spots on your skin and itching. Most likely you have been attacked not by ants nor mosquitoes but by the bad bed bugs. First because they were patterned, second because they itch at the time you wake up in the morning. Still wondering? Explanations are given below on the following paragraphs of the article.

So how bad are they really are? Yes they are just tiny little insects but with unique and cunning ways of pestering the lives of the most intelligent life form on earth, the humans. It takes the human race to develop a high science of entomology to understand these insects and find ways to eradicate them. Just imagine the size of their bodies which are just the size of a grain of salt, how much tinier could the size of their brains be? If combined collectively, they would be just like powderized talcum in the air. Compare that to the intelligent brains of PhDs, Engineers and technicians who are tasked to control the presence of the pests in the cities, hotels and homes.

The science of entomology has labeled the bed bugs as Cimex Lectularious, under the animal kingdom, phylum or insect. These creatures are believed to be more resilient than other animals in terms of survival against hazardous elements and natural disasters.

They are so small and can only be viewed through magnifying glass or microscope to study their features. They measure from 3 to 4 mm, Oval shaped and flat with brown reddish color. Their hatchlings may appear whitish and translucent. They do not have wings but are smart to climb walls and ceilings to drop off on beds where there are sleeping victims.

Remember the situation that morning, on why the itchiness was only felt when you wake up and your sleep was not disturbed the whole night? That was because the bed bugs are so cunning, that they only attacked an hour before dawn just as you were tight asleep. Plus they did not wake you up while feeding because they were injecting you with anesthesia and coagulant. The anesthesia wears out after an hour and that's when you wake up already where itching begins.

There are different ways to kill the pests. The simplest is to squash them but that would be ineffective as there are thousands of them hiding in your infested home. The best way is to

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empty the help of professionals who know how to handle these pests. What you need to do to help them is to accurately identify where the bugs could be hiding.

The anti-pest companies may employ chemical and non chemical methods. Chemical methods use sprays, gels and powderized pesticides. Non Chemical methods could be vacuum cleaning, pressurized water and soap cleaning. The professionals may bring some of your furniture and beds outside of your house to better treat them with chemicals.

The next best thing you could do after the company services are through is to keep a cleaner home. Practice hygiene and keep your place free of clutters and dust. If people arrives from different places especially if they have stayed in Hotels, inspect their luggage and make sure they do not have bugs or eggs hiding in the folds and pockets. Their clothes especially the laundry items are potential vehicles these bugs could ride on.

Notoriously Tiny Predators

Cimex Lectularius is the scientific name of the bed bugs. Entomology cites them as ancient as the human race. Scientists suggest that they may have followed our race from the ancient caves to the modern civilization of today.

These pests have almost been eradicated in the US with the use of DDT in the 50's. However there were scientific findings that DDT are also harmful to humans so it was banned. So in the 60s, the bugs returned to popularity in conjunction with the migration of people and arrival of tourists from different parts of the world.

The population of the pests continues to grow with the population of humans on earth. The more people, the more houses and more beds to hide. It is not a question of annihilating them from the face of the earth because up to today after men have invented the internet and the ray gun, the right tool to eliminate them haven't been invented yet.

However, be not hopeless, because current methods developed by scientists are smarter than their tiny adversaries' minute brains. On the other hand, isn't it being expected? It is now possible to make your home free of bed bugs. The price to pay may not come cheap.

Bed bugs are tiny little creatures like ticks but their body shape is oval and flat. They have no wings and its color is reddish brown. Their shape and size allow them to hide in tiny crevices of furniture, beds, floors, chairs, upholsteries. Their eggs conglomerate from where they hide and its color is white cream and translucent.

Bed bugs could reproduce itself 500 times in its life time and could lay eggs at 5 hatchlings per day. Their life span could stretch to one year or more.

The absence of their wings doesn't make them less harmful. In fact their being cunning is demonstrated by that lack of tool. Bed bugs like ants could crawl through the wall and the ceiling from where they could drop onto a bed with a sleeping victim. They hunt for humans through their high sensitivity to detect humans' temperature and the carbon dioxide that we exhale.

How To Win Your War Against Bed Bugs

They are more cunning in the manner by which they feed. They choose the time when people are fast asleep at nearly an hour before dawn. They pierce the human skin with their mouth and insert two tubes. One tube injects coagulant to make blood less viscous and anesthetics to make their feeding spot numb and prevents the victim from being disturbed. The other tube is used to suck blood. Feeding takes about 4 to 5 minutes. After filling their stomach they leave and get back to their hiding places. They could rest for a year without eating and just lay eggs. The next bed bug to climb the next day for hunting may not be the same bug yesterday. Now the victim only wakes up either it is already morning or the anesthetic already wears out. That is the only time he will feel the itchiness. So itchy he could scratch and cause infection.

The best way to eradicate bed bugs from your homes is through the professionals. Allow them to detect their hiding places or you may help them since it is best to detect bed bugs at the unholy hour of an hour before dawn. Bed bugs scamper in all directions when they detect movements and lighting. You can surprise them with silent movement in the dark and use of a flashlight to spot a potential hiding place.

Pest Control has chemical and non-chemical methods in killing bed bugs and preventing them in coming back. What the home owners could do is to maintain a clean home and repaint all the surfaces from where the bugs used to hide. Use of brighter color is preferred to discourage dark spots at home.

Bed Bugs And Las Vegas

Las Vegas is one of the prime spots of entertainment for anyone in the world. People from all countries come here to play in the casinos, and some of the worlds most famous casinos are seen here in the Vegas. The Vegas is one of the prime tourist spot also, and people who come here have a gala time.

This place has not been spared either. Though this place is glitzy and completely filled with glamour, the hotels in this state are also affected by the bed bugs that make numerous visitors cry out in pain. It is quite stunning to know that this place is filled with bed bugs too. But, bed bugs breed in places where the prey is more in number.

Bed bugs versus Vegas

The bed bugs are known to be the greatest of pests that have survived in this world. They have an uncanny ability to pierce their way through all the small crevices, and it is highly impossible to catch each and every one of them and get rid of them,

The owners of hotels and homes in the Vegas look for professional help from the pest control people who have the experience in exterminating these pests. They also work out cheaper when compared to the amount of pesticides that need to be purchased to kill all of them.

Bed bug bites and diseases

The famous health organizations around the globe have attested that the bed bugs do not spread any disease that is fatal to the human race. But the bed bug bites leave some kind of allergy to the skin, and it is very itchy.

The only thing that separates the bed bugs from the other insects that live on our blood is that, they will not transfer any fatal disease like dengue, malaria etc.

But, the bites of the bed bugs are very irritating, they leave some sort of itching sensation on the host, and when scratched, they might get infected. The bed bug bites might look like bites of the mosquito at times.

How To Win Your War Against Bed Bugs

The bed bugs may not transmit serious diseases or other health hazards. But the itchiness that it transmits is enough for you to hate them completely, and this reason is fair enough for you not to let the bed bugs infest your home.

Your flawless skin might get blemished in case the bed bug bite is severe. And your skin might get allergic to the bed bug saliva in case it keeps biting you frequently. Sometimes, these allergies lead to severe skin problems.

Bed Bugs In Georgia

Bed Bugs are scientifically known as Cimex Lectularius. They have been considered as the most notorious pests in many countries across the globe.

The bed bugs look flattened when you see them from an Ariel View. They are very small, and viewing them might be really tedious, unless you have a magnifying glass to assist you.

Though you will be having your own ideas as to how a bed bug will look like, after all the pictures of them you have seen on text books, internet and magazines, you can actually be sure that they resemble the mites.

The bed bugs are giving serious problems in lots of countries, and they have not spared the United States of America either, the worst affected state being Georgia, where they are exponentially growing in number.

Extermination of bed bugs in Georgia

There are plenty of ways to get rid of the bed bugs here in Georgia. The simplest method is to capture each and every one of them, keep them away, and, kill them with a big thump. But, it is really tedious, and it sure will test your patience.

Insecticides and pesticides are the next option that is chosen by people, but, many have actually realized that these chemicals, even though manage to kill the bed bugs, threaten our health in a very bad way. Laws have been imposed in Georgia to prevent you from doing this.

In order to exterminate just the bed bugs, and not humans, it is really good to take the help of a pest control company that is highly experienced, and can even sense the movement of bed bugs. Professional pest controllers are plenty in Georgia. These pest controllers are the best in getting rid of the bed bugs that kill our sleep.

The next wise thing to do is to seek help from those who have some sort of experience in bed bug extermination. This method turns out to be cheap too.

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You can rather pay a little sum to these professionals and take their help rather than try pesticides sold here in the Georgian pesticide firms.

This method will also save the money that you will be spending on lotions and other medications, for the hazards that might follow after using pesticides.

The yellow pages will surely be of some help to find the best pest control firm in Georgia.

It is necessary that you extend your full co-operation to the pest control firm that you have committed to. They sure will accomplish your goal of exterminating the bed bugs, without any hazards.

The success in exterminating the bed bugs lies in your hand. It is really important to maintain proper hygiene and cleanliness, so that the bed bugs don't recur. Even a wee bit of carelessness on your part is like inviting the bed bugs back to your place.

Bed bugs thrive on unclean surroundings, so keeping your place clean is the first step. You might be the start for bed bugs thriving at your place; you might carry bed bugs with you, if you travel a lot. Always keep your clothing in a really clean shelf.

It is you who should make sure that you stay around in a bug free environment. Always wash your luggage and clothes once, after any journey, to ensure that there are no bed bugs present.

These measures might seem really extreme, but, it is better to prevent than cure. Make sure you sleep in a bed that is completely yours, and not shared by bed bugs.

Hotel Infestations

Bed bugs are very common in hotels, in fact, the motels in the outskirts and the hotel rooms are perfect spots for bed bug infestation. The immigrants from places that have bed bugs are the people suspected of bringing back the bed bugs to the US. The bed bugs get transmitted to the hotels from the luggage that is carried from elsewhere. The unclean nature of any hotel also adds up to their infestation. The motels that house the immigrants are major spots for bed bug infestation. It is where the international travelers and other hitchhikers stay and unpack.

Once the infestation starts in one room, the bed bugs crawl over to the next room and starts a new clan there, and eventually, the whole hotel is affected.

The bed bugs are basically attracted to the carbon monoxide that is exhaled by humans, so, it is untrue to be saying that the bed bugs affect only places that are filthy and unclean. It is because of the presence of the humans that a bed bug stays around, because, human blood is the choicest food for the bed bugs.

This means that even the most glitzy and the well maintained hotels will house bed bugs.

Common location for bed bugs infesting hotels

The hotel bed bugs are also reddish brown and they are like apple seeds. Even a small crack or a hole is enough for the bed bugs to start multiplying.

The bed bugs are basically nocturnal. They are most active and look for and attack their prey only before dawn. They suck on blood through the night. Only a few bed bugs feed themselves during the day, and those are the ones that have not fed themselves in days. They live only for 18 months.

The best locations for finding bed bugs is the places where humans thrive, viz. chairs, couches, sofas, carpets, beds etc. The crevices in this furniture are to be checked thoroughly for bed bugs, and also check the mattresses and other interiors like bed posts. The edge of any mattress is a good breeding ground for the bed bugs.

How To Win Your War Against Bed Bugs

Other signs of infestation in hotels

- Heavy infestation of bed bugs is supplemented by the offensive, musty scent.
- Edges of mattresses and upholstery or have reddish brown dark lines.
- You will feel really itchy even after an hour you stayed on that bed and even after you have left the bed
- The bed bug bites are itchier than the mosquito bites and the itching sensation lasts for hours.

Size of hotel bed bugs infestations

In case you see many crawling bed bugs in your room, then you can be sure that the infestation is heavy. The hotel bugs cannot be seen. They do not come out much, in case they come out it means they are fighting for the same host for blood.

Avoiding Hotel Bed Bugs

The bed bugs in the hotels are like hitchhikers; your luggage is their prime hideout. And they come with you and start breeding in your house.

Tips to prevent Bed Bugs from attacking you

- It is always better to get an insect spray. It must be the non-gel type, and it must be sprayed on your luggage before you leave the room, so that the insect gets killed and will not affect you.
- Personally, check all your items before you pack or unpack them, and see if there is any insect that resembles an apple seed.

Don't Let The Bed Bugs Bite

Bed bug bites can cause swollen rash called the bed bug rash, and severe itching. The bed bug rashes are itchier than the mosquito bites, and they do not heal fast. So, its better not to let them bite. Following are tips to keep the bed bug bites at bay.

Bed bugs are not invisible; they are very much visible to the naked eye of any person. Bed bugs are somewhat similar and are of the same size as apple seed. The bed bugs resemble the apple seeds in color and shape too. The only difference is that the bed bugs, when compared to the apple seeds, are a little thin.

Keep the bed bugs away from you. Their bites are really itchy and may even lead to infection if scratched. It is important that the bed bugs are kept away from the kids too. The children can't control their hands from scratching that rash. So, they might scrape the skin that is near the rash, which might infect them badly.

Follow these tips to keep bed bugs at bay.

- ***Prevent the bed bugs from biting you when you are seated on your couch***

It is really embarrassing to see your guests scratch himself or herself after being bitten by a bed bug when they were seated on your sofa. It would be even more embarrassing if your guest manages to catch a bed bug crawling on him while talking to you, in such a situation, you will feel really insulted, because you did not bother to clean your couch properly.

This will lead to a situation where people will be gossiping only about your house, and the couch that is infested with bed bugs. So, keep an eye on your couch, clean it up regularly. Look for reddish brown stains on your sofa when you dismantle it sometime. In case you find some bed bugs there, keep it away, and start searching your house for more bed bugs, and start exterminating them. It is just a test that can be conducted to know if your house is infested with bed bugs, once, it shows a positive result, you need to start acting.

How To Win Your War Against Bed Bugs

Preventing the bed bugs from biting you on your bed.

It is really uncomfortable to sleep in case you are going to be bitten by bed bugs; they give you the itchy feeling. It has been proven that people who belong to a household that is infested with bed bugs are more susceptible to insomnia and anxiety. Sometimes, it becomes the primary reason for you to sleep late, and follow a bad sleeping routine.

The bed bugs are damn itchy, so take every possible step to keep them away from your kids. Most of the kids will have low tolerance to bed bug itches.

Your child might start crying uncontrollably when bitten by a bed bug; it is because of the itching sensation that comes after a bed bug bite. Applying calamine lotion helps a lot, and lessens the itching sensation.

The bed bugs generally target the exposed areas. In case you find some small, swollen, rounded bump, then there is a chance for it to have been created by the bed bugs.

You can find the bed bugs under your mattresses, wooden panels etc. Wherever you see the reddish brown stains, you sure can search your home for more bed bugs. And if it is supplemented with severe itching sensation for anyone in your place, it is time to look for ways to exterminate these visitors.

Bed Bugs Woes!

Bed bugs are known for the itching sensation they create when they bite us. Some people are allergic to the saliva of a bed bug.

There are many ways to check for symptoms of bed bugs' presence. Scratching in children is not only due to the heat outside, or the mosquito bites, but can also be due to the bed bugs. You need to inspect your house in such a case with bed bugs in mind, so that your sleep will be more peaceful.

Skin Symptoms

In case you notice swollen insect bites on your kid's shoulders, legs, arms etc. and if the bites are of the same shape, the oval shape, and if added to it, if your kid looks drowsy, then you sure know that your child has not had a good sleep. In such a situation, the first thing you need to do is check the mattresses and the bed he slept on for bed bug infestation.

Some people may not be allergic to the saliva that is injected in them before the bed bug starts feeding on your blood. The saliva of the bed bugs consists of anesthetics and anti-coagulants that are natural chemicals. But, a few kids start reacting even for these natural chemicals, and they might feel uncomfortable while sleeping.

Developments of large, swollen wheals that are really itchy are the first allergic reaction that can be seen. These wheals are really thick, and they might subside, but if they become a red spot, then, they can stay on the skin for days.

There are chances for the itching wheals to become infections if they are scratched. The children cannot control their scratching sensation, and what is worse is that the bites of bed bugs are itchier than that of a mosquito or a mite. It has been proven that the wheals get infected on being scratched.

Many people might end up developing insomnia, anxiety and even stress in case the bed bug infestation crosses the limit. It is because they couldn't peacefully.

How To Win Your War Against Bed Bugs

Hideouts of Bed Bugs

Many people would do anything to get a good night's sleep, and they sure will want to wake up the next morning with a feeling that they had a good night's sleep without any interference or bug bites. This is what most of the people even aspire for, especially the Americans, the sleep matters a lot to them. So, they eventually get irritated when their sleep is interrupted.

It is important for people to know the hideouts of the bed bugs, so that they can be exterminated.

The bed bugs are oval shaped, small and reddish brown in color. They are flat insects that can occupy almost any crevice where it can smell a warm blooded mammal's blood. They usually breed in the living room and bedroom of people, where people stay longer or sleep. They always look to stay close to their prey.

Even if you manage to see one bed bug on your couch, then, you can be sure that your place is infested with bed bugs, and it is not the only one present in your house.

If you see even the reddish brown tint even in one place inside your house, it is time for you to check the mattresses, shelves, boards, and any place that cannot be easily accessed by us, but can be accessed by them. After the suspicion is confirmed, its time to call the Pest Controller!

How To Get Rid Of Bed Bugs

Bed bugs are annoying. They creep through your bed, on to you, and haunt your house like no other creature. The presence of these creatures is supplemented by red marks on your body that are really itchy and irritating.

Medical experts claim that bed bugs don't create any disease. They just suck on your blood, and in the process, they leave their saliva on you, that create itching, but they do not spread or create any disease.

Their bites can make one really uncomfortable. So, invariably, everyone wants to get rid of them, and very often, a question as to how to kill those pops out of the bag.

Getting rid of the bed bugs

It is always suggested that you do some research work on those creatures before looking forward to exterminating them. The task becomes very easy by having a good idea as to what you are going to do.

Before getting ready to kill the bugs, device a proper strategy to get rid of them, so that your attack on these creatures will be much more concrete and will completely destroy them.

You need to treat the bed bugs the way they treat you, they plan before they attack. Similarly, you plan your attack the same way, so that you don't miss them.

Never give the bed bugs a chance to outsmart you. Make sure that your plan will surely kick these creatures out of your life. Otherwise, all your efforts and time will go a waste.

First mark the area that you suspect that the bed bugs are breeding in. make sure that the room does not have access to any other room, so that the bed bugs cannot escape the room.

Most of the methods in which the bed bugs are killed involve the usage of pesticides, and they contain harmful chemicals that are very harmful, so, keep the room ventilated. Otherwise, you will suffocate, and you might get exterminated along with the bed bugs.

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Sort all the things in the room, and keep all the furniture out of the room, because they make a safe hiding place for the bed bugs.

Apart from the furniture you are keeping away, there might be furniture that you have to get rid of, due to the bed bug menace.

All furniture which are infested by bed bugs need to be discarded without any apprehension.

Seeking help

Always take the advice from a person who has experience in killing the bed bugs efficiently; a pest control expert would be the right option.

This method can be considered, because it is cheap, and the attempt will not fail. The bed bugs' extermination will surely take place.

You will also be saving the cost of lotions and other doctor consultation fee.

There are many pest control experts available in the city. You will be assisted by the yellow pages in finding one of them.

You must always give them your full co-operation, and must be committed to them. Your effort might go a waste in case you don't co-operate.

It is important that you inform all your family members and neighbors that you are hiring the services of a pest control firm, which would be a humane gesture from your side.

The success of this effort lies in your hand. Please stay in a clean environment henceforth to prevent them from recurring.

Bed Bug Detection

Bed bugs are present everywhere, though they were nearly extinct 6 decades back, they are now getting back to existence, and they are coming down hard on the human race that tried to erase its clan.

You might regularly clean up your house and that there is no possibility for bed bugs to be present at your place. That is a wrong notion. Houses, clean or unclean, will tend to be the homes for bed bugs provided the conditions for them to survive is available.

Many people don't know if bed bugs are present in their house. They don't even have a clue as to what the bed bugs look like. The bed bugs are basically shy. They move out of their hideout only when their prey sleeps. They will crawl back to its place once you start waking up.

Before you start exterminating their race, try answering this basic question as to how you will know if the bed bug is present in your place or not. After that, you can go on a killing spree.

Detecting the Bed Bugs - Fact 1

Many people do not even realize that they are seeing bed bugs when they see them for the first time, as the exposure to it is very less. It is hard to see crawling insects off late. Even in the hotels, you will not realize that it is a bed bug till it crawls up to your shoulders. The bed bugs are pretty shy. They do not move when you are moving. It is only when you are too much into your dream that they will even come forward to attack you.

Description of bed bugs

Bed bugs are visible to the naked eye too. The reason that you don't see them around frequently is that they are nocturnal and they do not parade around in the day time. They are small insects that resemble the apple seed in shape and size, but they are a little thinner. The bed bugs are rounded on top.

How To Win Your War Against Bed Bugs

Detecting the Bed Bugs - Fact 2

The bed bugs are nocturnal. They are really active only during the night.

Bed bugs carry this musty scent with them, and the smell is offensive. The room with the maximum amount of bed bug infestation will carry this smell.

Bed bugs try to stay near their prey all the time. So, the best place to find them is where the humans stay, like the bedroom, or the living room. Sometimes, even the dining room turns out to their place of hiding.

Detecting the Bed Bugs - Fact 3

Once it is confirmed that they are hiding in a particular place, you need to check the mattresses, the beds, and crevices in sofas. These are the usual hiding spots for the bed bugs. The presence of the bed bugs is accompanied by a reddish brown stain in the place where they stay.

If the female bug lays eggs, there will be white nymphs located there. You will be able to see the excrements, and the shed skins in case bed bugs are present.

In case you want to know if they are present, try waking up in the dead of the night, and stay still, you might feel them crawling over you to your shoulders or any exposed part. If you move a bit, it will also back out, and if you again stay still, it will advance to the exposed part. In case you move again, it will get freaked and it will run away to its hideout.

Native Indian Remedies To Get Rid Of Bed Bugs

In the present generation, it is quite uncomfortable when an unwanted visitor comes over to your place and freaks you out at regular intervals. This is the best way to describe the household which is infested by bed bugs. The pest control agents are full of remedies to control the bed bugs.

Many people are not aware of the presence of one of the most powerful remedy to get rid of the bed bugs, the Indian way!

History Of Bed Bugs

Before the Second World War, the bed bugs were very common in America. The native Indians even followed a native remedy to kill the bed bugs. As there was advancement in technology and increase in hygiene, the methods became less used.

But, the native remedies were the ones that were used to kill the bugs along with the new methods. The native Indian way was much useful in the households that were thronged by these creatures.

The usage of DDT was widespread some 6 decades back, and that was when the bed bugs vanished from the scenario, they almost became extinct, and hence, the native ways were no more practiced.

In the regions where the Indian remedies were not used, they bed bugs continued plundering the masses, and they stayed on and multiplied. Europe, Africa, Asia, South America were worst affected. They were not used to the native Indian remedy, nor were they equipped with DDT.

The comeback of the bed bugs is one of the most horrifying things that most of the people there ever experienced. They are multiplying in numbers in houses, motels, hotels, etc. They are now feeling sad for not knowing the effective Indian ways to exterminate these creatures.

The immigrants who come to the US from other countries have been held responsible for bringing back the dreaded bed bugs back to the United States. The hitchhikers also contributed

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to this. The pesticides were not of much use with the bed bugs. They are now finding the Native Indian Remedies more efficient to get rid of the bed bugs.

The comeback of the bed bugs is also attributed to the pathetic hygiene, and the DDT used that were very weak. The bed bugs are now getting used to the pesticides, and they are becoming immune to that kind of a chemical. The native Indian method which was employed before the Second World War was much more efficient than any other method that is followed now.

Habits and Description

The basic habits of these bed bugs must have been carefully calculated by the native Indians to have come up with the ideas to kill the bed bugs.

Bed bugs are really small, they are reddish brown, and they are flattened creatures that have resemblance to the apple seeds. They primarily feed on blood, and they remain close to their prey all the time. They are shy, and do not move around during day time.

The United States of America is not the country to be affected by the bed bugs. These insects have been described in ancient texts also.

Only the native Indian remedy was available in the texts to exterminate these pesky creatures. The Greek, the Europeans did not come up with a remedy to kill these bugs.

This might be because the Indian remedies worked best on bed bugs, or maybe the bed bugs there preferred the wild hosts like other animals and not humans.

How Do Bed Bugs Look Like?

The bed bugs are miniscule creatures that carry the scientific name Cimex Lectularius. The chances of seeing them straight are something that not everyone can witness. This is because they are very shy, and they do not come out during the day time.

Most of the pictures that you will see online are enlarged images of the bed bug, as they are very small, and you will not be able to see their physique properly even when you hold them on to your palm. You might have to use a magnifying glass or something that can possibly give you a clearer picture of them that is also only a comparatively clear picture.

Description from pictures

The chances of getting what you are looking for are really tiny. A recent study has shown that that the bed bugs have scared many people there in US. So, in order to not feel embarrassed in case you see one, look for sites online and get a picture of the bug that scared you.

The bed bugs are really thin, which is a physical boon that enables them to penetrate into any crevice possible.

There are many pictures that show the bed bugs in different colors, but always remember, the most common bed bugs are reddish brown in color, and there are some that might even be creamy white.

Make note of a bed bug before it consumes blood, and make note of it after it has attacked its prey, it will look a lot different, as it is more nourished now. The bed bugs, after consuming blood, might look black or, might be deep red in color. It is completely filled with blood, hence crushing it to death will be a little too gross, because it will be like you are squashing blood from some balloon.

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Scientific View

The pictures that are published online will give you a basic idea of their anatomy. The bed bugs have a different kind of skin, and it is covered up with some wax like substance, which provides protection to the bug.

This kind of a structure will protect the bed bugs from becoming wet. They are very tiny, so their internal system is pretty weak, so, in case they get exposed to light, they might completely dehydrate. Looking at these pictures will also let you know how the insecticides work.

The insecticides and the pesticides are usually in the form of sprays. These sprays have glass and silica contents, which will cut through the surface of the bed bugs. After the bed bugs are exposed to the spray, their layers get damaged, and thus, the body structure will be completely ruined. This will lead to the death of the bed bugs. When the protective layer is damaged, it gives way for the physical structure to be attacked by the chemicals that are mixed to it. The chemicals usually dehydrate the insect completely.

Large bed bugs

The bed bugs in the rooms are pretty small, and the textbook and forums contain pictures that might seem very unrealistic. So, it is always better to get pictures of an old bed bug that is mature

Such a bed bug is generally more than a year. This type of bed bug is generally in the dying stage.

The completely grown bed bugs might be one fourth an inch, which cannot qualify as a tiny bed bug.

It is always better to see the bed bugs in pictures than having a face to face encounter with them, because it will not be too good to throw up every time you see one.

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