



CONVECTEX

# GETTING RID OF BED BUGS

A Quick DIY Reference Guide



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# INTRODUCTION



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Bed bugs have been a focus in the media recently, as infestations overtake apartments, movie theaters, homes, and hotels. Whether you need to know if you have an infestation, or you're looking to get rid of an infestation permanently, it's important to arm yourself with the facts. Find out about the telltale signs, preventative tactics, and permanent removal techniques in this Quick DIY Reference Guide.

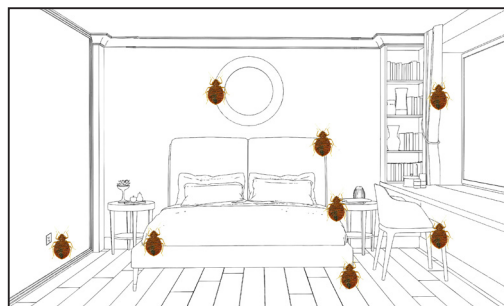
Read more to get an up to date and in-depth look at how to tackle this problem.



## Chapter 1:

# FINDING BED BUGS IN YOUR HOME ISN'T ALWAYS SIMPLE

Most people think of bed bugs lurking in hotel rooms, public transit, or movie theaters. In reality, bed bugs can also be found lurking in apartments, homes, work facilities, schools, stores, and just about anywhere humans gather together. According to a “Bugs without Borders” study, 89 percent of pest control workers report treating bed bug infestations in single-family homes, while 88 percent report treating bed bug infestations in apartments. They also report treating other common areas, like movie theatres, laundry facilities, transportation units, college dormitories. A whopping 67 percent of exterminators have found bed bugs in hotels/motels. If you're worried about bed bugs in your own home, though, you have to be thorough in your search. Due to their survival instinct, bed bugs hide just about anywhere. In most cases you will find bed bugs close to where you sleep or spend most of your time sitting. You should start your inspection around sleeping areas like your mattress and box spring, behind your headboard and nightstands. Keep in mind they can also be found in baseboards, behind electrical switch plates, in picture frames, behind wallpaper, or even in books. The best time to search for them is at night since they tend to sleep during the daytime. They'll sneak into your mattress or box springs, and they can also be found in baseboards, behind electrical switch plates, in picture frames, behind wallpaper, or even in books.



The reason bed bugs are, well, bed bugs, is that they like to feed on our blood preferably when we are sleeping. They've evolved to seek out our body heat and the carbon dioxide we exhale, especially when we stay in one place for extended periods, like a bed.

### Places to Look For Bed Bugs:

- Most bed bugs will be found near the head of the bed area.
- Start by inspecting the sheets, edges of mattress piping and box springs, frame and headboard.
- Check in, under and behind night stands and all pleats, piping of upholstered furniture.
- Check ceiling, crown molding, walls, fixtures, pictures, free standing lamps, drapes and carpet edges.



**KEY TAKEAWAY:** *Just because you locate bed bugs in one spot doesn't mean that's the only place they are. Take time to investigate and look around the interior of your property to make sure you have found all the locations of infestation.*

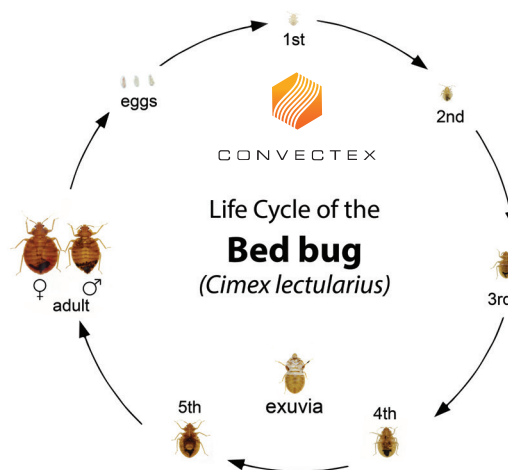
## Chapter 2:

# IDENTIFYING BED BUGS PROPERLY IS SOMETIMES TRICKY

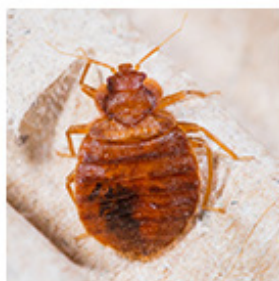
If you've captured a bug, and you want to find out what it is, then you'll need to rule out look-alikes. Short of calling an entomologist, make sure to rule out the most commonly mistaken bugs before you call pest removers in a panic. People mistake other bugs for bed bugs and it is important to know the difference.

Adult bed bugs are reddish-brown in color and are approximately  $\frac{1}{4}$  inch in length. The adults can easily be seen with the naked eye.

Understanding the developmental stage or life cycle of bed bugs can help in identifying different infestation levels of bed bugs in your homes. When the adult female lays eggs, they are attached to surfaces by a sticky substance. These eggs are difficult to see with the naked eye. The bed bug develops through five immature stages called nymphs or instars, before reaching the adult reproduction stage. This development process from egg to adult can take place in approximately 24 to 36 days (this is temperature dependent, as warmer temperatures speed up the process).



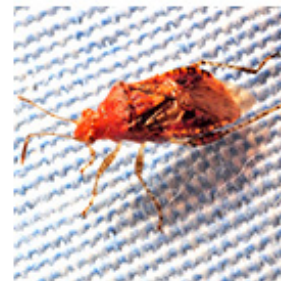
## Knowing What Bed Bugs Look Like Is Key!



BED BUG



DUST MITE



SHIELD BUG



**KEY TAKEAWAY:** Before you start tackling your pest problem on your own, make sure to double-check with a company that understands the intricacies of bed bug infestations. Heat treatment is best for bed bugs - so if you do have an infestation, you'll want to go in armed with all the facts!

## Chapter 3:

# A BED BUG BITE IS SOMEWHAT UNIQUE

The most insidious thing about bed bugs is their bite. In fact, the bed bug does not bite at all, they don't have a mouth or teeth. They have a sucking mouth part they use to puncture your skin and suck your blood much like a mosquito. As the bed bug takes its blood meal, its saliva acts as an anesthetic and anticoagulant which increases blood flow to the bite location. They get fed faster, and you feel nothing. It's almost impossible to feel a bed bug while it's biting you. The process is quick and painless - for the bug, at least. They might hit the same area multiple times, resulting in multiple bites in a concentrated area.

After they feed, bed bugs move to secluded places to hide for 5-10 days. During this period, they digest their meal and lay eggs.

But as the bed bugs hide, the humans they bit may begin to feel the effects. A sensitive person will start to feel a burning sensation. They might start itching and develop a reddish rash on the skin, too. This is an allergic reaction to the anesthetic and anticoagulant and signs may not show up for days after the feeding event.

However, plenty of humans are not sensitive to bed bug bites at all and will develop no itching or rash. If one person in a household has bite symptoms, but no one else is, that doesn't mean only one room is infested or just one person is being bit!

### Possible Health Effects From Bed Bug Bites:

- Allergic reactions
- Secondary infections/antibiotics/scarring
- Loss of sleep
- Loss of weight due to stress
- Physical and emotional anxiety



**KEY TAKEAWAY:** *There are plenty of “home remedies” and money-saving hacks out there that claim to help get rid of bed bugs. But while these might help you catch and kill some bed bugs, very few of them help get rid of your infestation.*



## Chapter 4:

# WASHING BEDDING IS IMPORTANT, BUT ALONE WON'T FIX THE PROBLEM

One of the most common ways people try to avoid bed bugs is by regularly washing bedding, clothing, etc. after returning home from staying in a hotel room, as they're notorious breeding grounds for these pests. This attempted treatment is a common misconception because while it kills adult bed bugs that go through your wash, it does not exactly fix your problem.

Even if you wash your bedding and kill or drown the bed bugs that live in your bedding, you're missing the other bed bugs in your environment. Bed bugs are masters at hiding and can hide in any nook, from your bed frame to your curtains and walls. Therefore, when you only wash your bedding, you're just providing a clean slate for the other bed bugs to thrive and continue to breed on as they migrate from their infested hiding places.

One of the most common ways bed bugs persist after you attempt washing them away is the unhatched eggs and nymphs or baby bed bugs. These usually remain hidden behind walls and wallpapers or sneak around the bottom of baseboards throughout your property. Unfortunately, they are left untouched when you're washing your bedding, and they will continue to grow and multiply. Once you've gotten rid of the initial infestation of bed bugs, the eggs will hatch, and it'll result in another outbreak.



**KEY TAKEAWAY:** *There are plenty of “home remedies” and money-saving hacks out there that claim to help get rid of bed bugs. But while these might help you catch and kill some bed bugs, very few of them help get rid of your infestation.*

## Chapter 5:

# BE WARY OF SPRAYS AND HARMFUL CHEMICALS

Another common method that many people use to get rid of bed bugs is pest control sprays or chemicals. Most over-the-counter chemicals such as foggers are highly repellant and will make a bad problem worse by driving the bugs deeper into the walls and under carpets. Along with being ineffective, many chemicals are also harmful to your family members and pets if used incorrectly.

Many studies have shown that even with non-repellant chemical “remedies” applied by pest control professionals for bed bugs often must be administered at least three times to treat a bed bug infestation. And Furthermore, bed bugs have developed resistance and immunity to many of the widely used chemicals that were previously effective.



Furthermore, bed bugs have developed resistance and immunity to many of the widely used chemicals that were previously effective. There are frequent accounts of harm to humans and animals because applications are not professionally done, and the correct precautionary measures were not taken. Just like with diseases to antibiotics, bed bugs have grown immunities to the previously effective sprays and chemicals, which causes the newest and best chemicals and sprays to be more powerful and dangerous. Finally, treatments should be applied by professionals because they can be especially harmful to people at risk of underlying neurological disorders or other medical issues and make it harder for them to live in their homes during or after treatments.



**KEY TAKEAWAY:** *Sprays and chemicals, although widely used, can cause worse infestations, instead of being the quick or cheap fix that they promise to be. They should be avoided because of the dangers and ultimate costs.*



## Chapter 6:

# MATTRESS/BOX SPRING ENCASEMENTS ONLY ADDRESS MATTRESSES AND BOX SPRINGS

Mattress Encasements may seem like a practical way to get rid of a bed bug problem. However, they're not. This treatment is performed by covering the affected mattress and box spring with a specialized material. However, bed bugs are evasive and don't live only in your mattress and or box spring that is wrapped by the encasement. Once bed bugs are in your mattress, they're most likely also in your bed frame, furniture, under carpets and inside your walls or behind curtains.

If you're only treating and killing the bugs located inside your mattress and box spring, you're not completely fixing the problem because you're leaving many bugs behind to repopulate your space after the treatment. Once you have a clean mattress, it'll become an unused space for the bed bugs that were left unharmed to inhabit once you've removed the plastic-like encasement. This method is an ineffective treatment method and should only be used together with more all-encompassing methods.



*Bed Bugs Hiding Behind a Wardrobe*



**KEY TAKEAWAY:** A mattress encasement doesn't fix a bed bug problem because it only locks out and or kills the bed bugs on your mattress and box spring. It will not prevent the spread of bed bugs from your furniture, carpeting, and walls, making this method ineffective.

## Chapter 7:

# SOME SOLUTIONS JUST MOVE BED BUGS AROUND

When using Diatomaceous earth (a chalk-like substance known to kill bed bugs), you're killing some but not ALL your bed bugs. Baking soda is another ordinary powder that some have used to kill bed bugs. Both powder or earth methods can dehydrate and kill the bed bugs as they walk through the substance. These treatments work well under controlled conditions, such as in a research lab, but are ineffective in the real world because every single bed bug would have to track through the powder several times for it to dehydrate them enough to stop your infestation.

Secondly, when bed bugs are faced with these powders, they will avoid them, often moving to another room in the home. This could counteract your treatment and exacerbate the issue by causing your bed bugs to disperse into other areas of your property. And if you don't leave your powders out for an extended period, you also will miss hatching eggs and growing nymphs.

On top of the other reasons why these treatments aren't good options are the fact that they can be harmful to pets and humans alike that accidentally breathe in their particulate matter. This makes this treatment harmful, ineffective and unappealing for bed bug removal.



**KEY TAKEAWAY:** *Diatomaceous earth and baking soda are both powdery substances that can dehydrate and kill bed bugs under the right conditions but do not work well in real-life scenarios.*

## Chapter 8:

# POURING BOILING WATER WON'T WORK

Boiling water will kill a bed bug, but you can't kill all your bed bugs with boiling water. This treatment involves pouring boiling water on the areas where you've seen bed bugs to drown or burn them to death. Although the idea may seem feasible, it does not work effectively. Once again, it is important to note that bed bugs are great at hiding and can't drench an entire room with its nooks in boiling water, which would be required to kill them all.

Furthermore, the amount of boiling water required for this solution will result in extensive water damage to your furniture, fixtures, and carpet or flooring. You should not attempt treating a bed bug infestation with this method because of how much damage you would be wreaking on your property and how difficult it would be to truly treat the entire property.



**KEY TAKEAWAY:** Boiling water is not a practical solution for treating a bed bug infestation because you cannot reach every bed bug in an infested room and it would result in a significant amount of damage.

## Chapter 9:

# BED BUGS DON'T RESPOND TO MOTH BALLS

A common myth says that the unappealing smell from the chemicals used in mothballs will kill and repel bed bugs. Mothballs can partially protect an area where they are placed, however, they will not kill all bed bugs during an infestation. This is because their effect cannot reach all areas that a bed bug can hide. Additionally, the odor will also cause bed bugs to disperse and move to other areas in your room or other rooms altogether. You'll also be left with infant nymph bed bugs and the unhatched eggs which will only leave you with another infestation.



You should also know that mothballs contain either naphthalene or PDCB (paradichlorobenzene). Both chemicals are considered poisons and the physical mothballs themselves are a choking hazard for small children. Because they do not really treat a bed bug infestation and also pose a potential health risk, attempts to treat bed bugs with mothballs should be avoided altogether.



**KEY TAKEAWAY:** Mothballs are not an effective way to get rid of bed bugs. In fact, they may cause your bed bug issue to worsen by causing your infestation to spread as they avoid the poisonous odor.



## Chapter 10:

# DRYER SHEETS DON'T ADDRESS THE BIGGER PROBLEM

It's often said that you can repel bed bugs with dryer sheets if you place them under your mattress, in your drawers, or underneath sofa cushions. This is a claim that has no scientific support and is well-known by pest control companies not to be effective. Though bed bugs might have a negative interaction with dryer sheets and be repelled by them, they will not be killed by them.



Because they will be repelled by the dryer sheets placed throughout your house, they will continue to spread and lay eggs in other areas not covered, causing you an even more significant issue than you had at the start of your treatment. You can't effectively fix your bed bug problem with this highly ineffective method that is often mistakenly used to combat a bed bug infestation cheaply.

## Other Ineffective "Old Wives Tales" for Killing Bed Bugs:

**Clove:** Clove oil can repel bed bugs but only to a limited extent. You will require a large amount of clove oil which can be expensive and become a messy option of getting rid of bed bugs.

**Cinnamon:** Cinnamon will make your house smell like you have been baking, but it won't do much against bed bugs.

**Vinegar:** While spraying vinegar directly on a bed bug may kill that single bug, this method is very impractical and ineffective against an infestation. You would need to spray every bug and egg to see any results.



**KEY TAKEAWAY:** Dryer sheets do not kill bed bugs and they often worsen an infestation by causing bed bugs to spread even further through your property. If you use a method like this, you'll be left with hidden bugs which means your infestation will be worse when you must treat it again.

## Chapter 11:

# HEAT TREATMENTS ARE VERY EFFECTIVE

Heat treatment works by causing the bed bugs' systems to overheat and begin to break down. The higher the temperature, the quicker this breakdown occurs and because the heat penetrates every surface in your home, there is nowhere from them to hide. At temperatures above 110 degrees Fahrenheit, bed bugs will begin to die off. However, heat treatment is most effective at slightly higher temperatures. The recommended optimal temperature is between 120 degrees and 125 degrees for a few hours to completely eliminate the bed bugs.



If the heat treatment is properly conducted, it is the quickest and most effective way to get rid of a bed bug infestation. Bed bug heating services take 4 to 6 hours to complete and you will be able to safely return to your home as soon as it's complete. Heat eliminates the need for chemical treatments and can be used in entire structures, confined areas or for spot treatments. There is no odor, and after a cooling period, the area is safe for people and pets to re-enter. Heat is recommended by the Centers for Disease Control, Environmental Protection Agency and the National Pest Management Association as the most effective means of bed bug control.

Professional-grade heaters with fans are now available for individuals to buy for a fraction of the price. Heat treatments are extremely safe and effective in single-family homes, apartments, condominiums, hotel/motel rooms, hospitals, senior home facilities, office spaces and more.

## The Pros of Bed Bug Heat Treatments:

- Work quickly, usually between 4-24 hours
- Kills all stages of the bed bug life cycle
- Great for small, medium or spread out infestations
- No need to pre-treat any items or rooms
- Safe and eco-friendly with no chemicals
- Can be set up by a professional in minutes



**KEY TAKEAWAY:** If you detect the signs of bed bug bites on you or someone else in the household, you'll need to check through for bed bugs. If you find an infestation, make sure to get it heat-treated. Find a professional or use our guide to figure out how to do it for cheaper! It's important to choose the right tools for ridding your property of bed bugs.



## Chapter 12:

# TREATING BED BUGS YOURSELF CAN BE DONE

You might be on the fence about getting rid of bed bugs by yourself. You might be afraid you won't use the right tools, do it properly or you might be considering whether getting rid of bed bugs on your own will benefit you, especially if you have the right tools and use the right method.

First, taking care of bed bugs on your own is cheaper. Calling up the same pest control companies, time after time racks up a huge bill. If the company isn't using heat treatments, they're doing it wrong, and you'll have to pay for expedient measures again and again.

Even if they're doing it right, you might still get another infestation. Why? Because you're living in the same place.

In apartment buildings and row homes, bed bugs can be transmitted through the walls. So, even if you manage to get rid of bed bugs in your own building, you might be subject to bed bugs traveling from place to place. And even if you don't live in an infested building, you originally got bed bugs from somewhere. Whether it was a movie theater or the bus, you're likely to go to that place, or another one, with an infestation. Despite your best efforts, you could bring unwanted visitors back home with you, time and time again.

The best tool is a heater. Convectex Bed Bug Heat Systems offers the best heating fans to get rid of bed bugs the first time. And if there happens to be a second time, you won't have to call up expensive pest removal or get another ineffective treatment, due to the fact you own your own heaters.



**KEY TAKEAWAY:** Invest in a fail-safe tool that gets rid of the bugs before it's a problem. And if you come home with bugs another time, it's no big deal - you can just get rid of them again.

## Chapter 13:

# AND STAY OUT! PREVENTATIVE MEASURES AGAINST BED BUGS

Once you've gotten rid of your bed bugs, you'll want to take preventative measures. Even though heat treatments are foolproof against infestations, remember you got bed bugs from somewhere. After all, bed bugs are found in several places you might visit every day - and they can easily cling to a purse, coat, or pant leg.

**After you've gotten rid of your infestation, there are a few steps you can take to prevent bed bugs from moving back in.**

**Tip #1:** CLEAN UP THE CLUTTER: Bed bugs are experts at hiding and finding them can present quite a challenge. Heavily cluttered dwellings create a million and one places for bed bugs to hide. If you have piles of boxes, newspapers, magazines, clothes, or just "stuff," it's time you clean it up. Doing this will make it easier to find them, should you ever get them.

**Tip #2:** MAKING HOUSEHOLD REPAIRS: Take away or fill up as many possible hiding spaces for bed bugs; separations between baseboards, grout, seams of wallpaper, crown molding, door jams. Clear silicone fills these areas so bed bugs cannot enter. Consider replacing worn carpeting with tile, and because bed bugs travel along routes created by pipes, cables and electrical conduits, seal any openings where pipes, wires or other utilities come into your home.

**Tip #3:** AVOID DANGEROUS SHOPPING LOCATIONS: Avoid shopping at thrift stores, pawnshops, and Craig's list. Be mindful of anything borrowed or given to you or discarded furniture or mattresses found at the curbside. Any of these items should be thoroughly inspected for bed bugs before bringing them into your home.

Having your own bed bug heat system doesn't mean you'll never have to worry about infestations from another place again. However, having your bed bug heaters does mean you can get rid of them yourself in no time, even if you pick them up from a train or movie theater.



**KEY TAKEAWAY:** *Just because you treat doesn't mean the job is over; you need to make sure you are ready to follow up and make sure the problem is solved.*



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