



Bed Bugs Control Including Habitat, Signs, And Prevention

Bed bugs are tiny insects that live on blood. They are wingless parasites and dependent upon warm-blooded living beings, humans in most cases.

Since they are bloodsuckers and appear around midnight, beds are their favourite spot to live. You can find them near the headboards, bed frames, and on the mattresses, especially close to the seams and tags. If the infestation is severe, one can most likely find the insects around the adjacent furniture, cushions, cracks and crevices in the walls.

In India, bed bugs are found in hospitals, hostel rooms, daycare centres, and public transportation, apart from residential areas.

Signs

- The most obvious sign of being occupied with bed bugs is several bites during the night while sleeping. If you or anyone of your family encounter such an incident, immediately examine the bed and the mattress area.
- An adult bed bug is brown and owns a flat oval-shaped body with no wings. The eggs resemble poppy seeds, white in colour.
- A thorough examination is necessary to confirm signs of bed bugs. Another sign is stained materials, may be bedcovers, mattresses etc. If you find a dark brown or rusty stain on the fabrics of your bed, it can be a sign of their activities.
- A group of bed bugs emit a coriander-like smell usually coming from their faecal matters.

Prevention

There are several effective preventive measures for bed bug treatment. Below are some of them:

Prevention with heat

Bed bugs can not withstand higher than 130 degrees F. For this reason, the heat treatment works in most cases. You can leave your bedding and affected clothing under the intense sunlight or use a dryer. Some people choose to wash the sheets and other items with hot water. Another heat treatment option is steam cleaner. If you have it at your home, clean the entire bed, including the mattress, blanket, and other possible items.

Prevention with cold

Bed bugs also happen to die at 0 degrees F temperature. So, if you leave the bedding for at least 4 days in a freezer setting it at the desired temperature, it can work. Use a sealed bag to encase the bedding and other affected objects.

Use of Baking Soda

The ingredient works fine when we talk about a home remedy for bed parasites. First, you need to remove the things on the bed, including the mattress. Then sprinkle baking soda separately on every item without leaving a single crack or crevice of the bed and the places around.

Vacuum Cleaner Method

If you have a vacuum cleaner, it makes your work easier. You need to vacuum everything lying in the bedroom, including furniture and even the tiny cracks on your bed boundary, walls, and wallpaper. Finish the cleaning by using a brush that enables to clean up the folded areas of the bedding. Loosen up the foldings and remove the eggs.

Pesticides

Around 300 pesticides to control bed bugs have been registered by the EPA (Environmental Protection Agency). Among the pesticides, Pyrethrins and Pyrethroids are mostly used.

Desiccants such as boric acid are also known as common pest control compounds.

Biochemicals like neem oil (cold-pressed) and tea tree oil are some noted ingredients to fight against the parasites. These biochemicals can destroy adult bed bugs, their eggs and nymphs. Insect growth regulators are another kind of chemical recommended by the EPA. The regulators allow some young bugs to grow up rapidly while stopping the growth of other ones. There are also some other less performed methods for bed bug prevention. In addition, if you encounter bed bugs at your place in a scary condition, hire professionals. We may not have the necessary equipment and protecting suits that keep us safe against harmful chemical compounds. Therefore, considering the troublesome situation when home remedies do not work well, it is advised to call a professional team.

Things to keep in mind

Here are some basic things to keep in mind to get rid of the pesky creature:

- First, examine properly and confirm whether it's a bed bug infestation or not. When you are sure, take action.
- It's better to maintain proper hygiene. Always keep the furniture neat and clean because that's where they hide most.
- While travelling, try to avoid using blankets kept for passengers. Instead, use your personal ones.
- Pesticides can cause harmful side effects on your health. So, be careful of it!

Conclusion

Bed bugs are problematic but do not harm people to the maximum level. Their bites are easily curable. In India, it is a common problem. When the situation gets worse, people take professional help for [bed bugs control](#). You, too, should not panic and instead get help.