

BEDBUGS

Self-Help Without the Use of Potentially Harmful Chemicals

Please note that the following self-help advice is not a substitute for professional help but should go some way to alleviating your problem until we can attend once the risks posed by Covid-19 have fallen to a safer level.

Bedbugs can be one of the most distressing infestations in modern life. It is becoming an increasing problem but is usually a result of sheer bad luck. They can be picked up on public transport, in hotels and hostels etc. and all it takes is one pregnant female bedbug to start a new colony in your property. So please do not be embarrassed and blame yourself.

Moving to another bedroom or sleeping on your sofa will only encourage the bedbugs to follow you and further spread the problem. So please keep with your normal sleeping habits. Whichever method(s) you choose to implement will require you to be in your room to encourage the insects out of their hiding places.

We do not recommend disposal of furniture and mattresses unless they are severely damaged. If you do decide to dispose of them then please make sure that they are securely wrapped to prevent spreading the infestation while moving them about. Please let us know if you would like us to supply wrapping kits for mattresses for you.

Physical methods:

- Bedbugs cannot jump and cannot fly but do have well developed legs which allow them to crawl up most surfaces. If they are living around your bed then, if you can, move your beds away from the walls to deny them that route. Double sided sticky tape wrapped around the legs of your beds will prevent them crawling up from the floor. Another method is to buy traps to place under the bed legs. These are readily available online.
- If your bed lies flat on the floor then please see the section on using DE, below.
- If you do happen to find colonies of bedbugs then vacuuming those areas will help to remove any debris, eggs, larvae and adults. Remember to remove the waste collection compartment/bag, from the vacuum cleaner, and dispose of it in an outside bin.

Mattress Encasements:

- If the bedbugs are in your mattresses, please do not throw the mattress away. Special encasements are available for most sizes of mattresses. These provide a physical barrier while being breathable and washable. Any bedbugs trapped inside the cover will die without access to their food source.

Please let us know if you would like us to supply these for you.



Rodents



**General
Insects**



**Flying
Insects**



**Stored Product
Insects**



Birds



Wildlife

Heat:

- Temperatures over 60 degrees centigrade will kill all forms of the insects, a home steamer can be very effective at killing them if you suspect they are hiding in cracks and crevices.
- If you think that they are hiding in your clothes or bedding, then a hot (60 degree) wash or 30-minute hot tumble-dry will kill them. Make sure you bag up anything that you are transporting around the house to avoid spreading the problem.
- Extreme cold will also kill bedbugs, if you have delicate clothes or toys then bagging and placing in a freezer for at least three days will be equally effective.

Diatomaceous Earth:

- Diatomaceous Earth (DE) is a natural product made from tiny ground-up fossilised sea creatures. It is safe to use in all domestic situations. Although it is non-toxic, care should be taken if there is a risk of anyone inhaling it as it may irritate eyes and throat.
- When insects crawl through or over DE, it absorbs their oily protective layer leading to dehydration and eventual death – this is not as quick as using insecticides, but it is a lot safer.
- Sprinkle it liberally where you think the bedbugs might be hiding, this could include your divans, divan drawers, headboards and edges of your carpets/skirting boards. If your bed does lie flat on the floor, then try to move it a few inches in either direction (to expose any colonies under the frame) and apply the DE liberally around the edges. Also treat those areas where they might be travelling from their hiding place to you.
- Leave the DE powder to do its job for at least three days after which it can be safely vacuumed up. Repeat this process every week for about 30 days.
- DE is readily available online but do not be tempted to buy the expensive products labelled as effective against mites or insects. Most DE is basically the same but choose one of the great majority which is labelled "Food Grade" as this is limited to the amount of poisonous heavy metals it may contain.

Please make sure that you follow the instructions or product labels (or sometimes the manufacturers' web sites) when using DE.

We hope this helps with your problem.

Contact us:

If you would like us to supply the mattress covers or cases then please let us know by email at info@monitorpestcontrol.co.uk and we'll confirm prices with you.

Please be aware that there are many over-the-counter insecticides which are advertised as being effective against bedbugs. If you do decide to use them then please read the label and follow the instructions as careless use can be a risk to your health.



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