

Goodnight
sleep tight
don't let the
bed bugs bite

Bed Bugs

Bed bug eggs resemble a flake of dust. Newly hatched bedbugs are almost colorless and closer in size to ticks. Adults have flattened, oval shaped, reddish brown bodies up to a 1/4 inch long. They are known not to carry any diseases and they come out at night and feed on our blood. we don't feel it due to their saliva having anesthetic. Yet we can get itchy welts, which people mistake for mosquito bites. Bedbug bite marks occur in clusters or rows.

Locate Bedbugs:

Look for tiny rust-colored or black spots which can be bedbug blood or feces. On surfaces such as walls, furniture, baseboards, behind

Prevention:

1. When entering a room inspect for any bedbugs. Be more thorough if you travel.
2. Bedbugs have trouble climbing metal, enamel and plastic. When traveling, put luggage and totes on metal-legged suitcase stands or on enamel surfaces, such as a tub. Keep them off beds and floors.
3. When returning from travel, wash all your clothes in hot water and dry on high heat. Store your luggage in a plastic bag, check for bedbugs before.
4. If and when you purchase new clothes, sheets or towels put them in the dryer for at least 20 minutes.
5. Don't bring home second-hand furniture without a through inspection and vacuuming.
6. Use mattress and box spring encasement's that entirely cover each mattress. The Protect-A-Bed AllerZip encasement has been proven to be escape proof.
7. For non-carpet and hard floors there are plastic coasters that are put under the legs of the bed to help catch the critters.

Yours for health naturally,

Dr B

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