

# Bed-Bugs.co.uk Newsletter May 2008



## Bed-Bugs.co.uk

Useful information and professional treatment solutions.

### Monthly Inspections

At present there is no way to prevent an infestation of Bed Bugs other than avoidance and regular inspection of the sleeping area. This is something that all our staff and customers are advised to do but something that most of us would confess does not get done as regularly as it should.

Spending 30 minutes each month cleaning and checking your sleeping area seems only logical when you consider that most of us spend around 180 hours sleeping each month.

- When you flip and rotate your mattress vacuum clean the edges, tufts and seams and check for faecal traces (seen as black dots).
- Pull the bed away for all walls and surfaces and make sure you clean all the places that don't usual see the light of day.

If caught early Bed Bugs can be less of a problem for a competent professional to deal with and will certainly reduce the length of time it takes to get rid of them.

Having a clean and tidy sleeping area will reduce dust, allergens and may help you find those missing socks.

	
Close up picture of an area showing faecal traces	Close up of faecal traces, cast skins and a live Bed Bug living in the staple indents

Bed-bugs.co.uk offers a range of services to help you avoid infestations and treat them if necessary. You can find a lot of information about Bed Bugs on our websites:

[www.Bed-Bugs.co.uk](http://www.Bed-Bugs.co.uk)  
[www.BedBugBeware.com](http://www.BedBugBeware.com)

To discuss any issues in confidence email or call 020 7720 6468.

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