

## BITE RELIEF AND IDENTIFICATION

Although it is impossible to confirm an infestation based on someone's bite symptoms as everyone response is different they are usually characterised as:

- Hard raised white welts
- Lasting for a few minutes or days/weeks
- Tend to itch significantly
- Will usually be on exposed skin



### **For bite and itch relief use:**

- Mild antihistamines
- Creams containing crotamiton
- Protect bites from atmosphere
- Keep skin moisturised

### **Avoid:**

- Hot baths/showers
- Exercise that raises you body temperature
- Scratching the bites which could infect them

### **Do not:**

- Use Aerosol or fogger insecticides
- Dispose of infected furniture
- Attempt to move to avoid the problem



## Bed Bugs Limited

BedBugs are a global pest of nuisance that have been making a major come back over the last 5 years.

Most major international cities have experienced a 500—1000% increase in activity over the last 3 years.

Becoming aware of the issue and how to check for the signs of bed bugs is now becoming a necessity for anyone who travels internationally on business or leisure to ensure that you avoid coming into contact with this troublesome pest.

For further information see:

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

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## Bed Bugs Limited

The UK's leading source for information on the detection and eradication of bed bugs since 2005.

INFORMATION  
ON BED BUGS  
FOR  
PHARMACISTS  
AND MEDICAL  
PROFESSIONALS

[WWW.BED-BUGS.CO.UK](http://WWW.BED-BUGS.CO.UK)

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[info@Bed-Bugs.co.uk](mailto:info@Bed-Bugs.co.uk)

# HOW TO CHECK FOR THE SIGNS OF BED BUGS

You can get bed bugs in any location where people spend long periods of time. The most common locations to get infested are sleeping areas and lounges.

They have nothing to do with cleanliness and although they can be unpleasant they are not known to transmit any diseases.

Bed bugs are an alarmingly common pest in some parts of London and can be picked up from almost anywhere.

If you suspect an infestation it needs to be confirmed with physical signs such as those shown in this document.

## Do not:

- Use aerosol or fogger based insecticides (they don't work)
- Dispose of furniture in a way that could infect others
- Attempt to move to get rid of them
- Use flammable products
- Do not panic and mistakenly make the problem worse

Bed bugs can be a problematic pest to deal with and experienced professional help is almost always the most cost effective way of dealing an infestation.

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

The pictures opposite illustrate the most common signs of a bed bug infestation. Oddly enough bites alone are not the first identifiable sign in about 60% of all infestations.

Check the bed and sleeping area for:

- Tell tale blood spots or fecal traces
- The presence of live samples or shed skins
- The presence of blood spots on your bed linen and sheets
- Bites that often appear white in the centre and may itch for several weeks (bite response is highly individual and thus not a definitive indication of bed bugs)

Beds and sleeping areas should be checked monthly and always check a bed away from home before you sleep in it.

Avoidance and understanding of the problem is the best solution.

Early detection will reduce infestation duration and mean that the problem can be resolved quickly.



Bed Bug Beware - An easy to understand guide to bed bugs their prevention and control. Now available from online book stores and [www.PestFreeHome.co.uk](http://www.PestFreeHome.co.uk)

