

# Bedbug Control - Management & Treatment



## What are bed bugs?

Bed bugs are small insects that feed on the blood of mammals and birds. Adult bed bugs are oval, wingless and rusty red colored, and have flat bodies, antennae and small eyes. They are visible to the naked eye, but often hide in cracks and crevices. When bed bugs feed, their bodies swell and become a brighter red. In homes, bed bugs feed primarily on the blood of humans, usually at night when people are sleeping.

## What does a bed bug bite feel and look like?

When bitten, people generally have a very red, very itchy reaction which can succumb to secondary infections; however there is no evidence to suggest that bedbugs are vectors of disease. Typically, the bite is painless and rarely awakens a sleeping person. However, it can produce large, itchy welts on the skin. Welts from bed bug bites do not have a red spot in the center – those welts are more characteristic of flea bites.

## Are bed bugs dangerous?

Although bed bugs may be a nuisance to people, they are not known to spread disease. They are known to cause allergic reactions from their saliva in sensitive people.

## How long do bed bugs live?

The typical life span of a bed bug is about 10 months. They can survive for weeks to months without feeding.

### **How does a home become infested with bed bugs?**

In the majority of cases, bed bugs are transported from infested areas to non-infested areas when they cling onto someone's clothing, or crawl into luggage, bedding or furniture that is then brought into homes.

### **How do I know if my home is infested with bed bugs?**

- You may notice itchy welts on you or your family member's skin
- You may also see the bed bugs themselves
- Small bloodstains from crushed bed bugs
- Dark spots from bed bug droppings in your home

### **Where can do bed bugs hide?**

- In or near beds
- Bedroom furniture
- In the tufts, seams, and folds of mattresses
- Bed frames and box springs
- Behind headboards
- Inside nightstands
- Behind baseboards
- Window and door casings
- Pictures
- Moldings
- Loosened wallpaper
- Cracks in plaster and flooring
- Books, papers and boxes
- Any clutter near sleeping areas

### **An Urban Pest Problem**

Bedbugs are very much an urban pest problem; one that was more or less forgotten about until only a few years ago. The increased ease in international travel and the more focussed (less broad spectrum) nature of professional pest control pesticide applications have been a couple of reasons offered for the recent resurgence in bedbug activity. They are now an increasingly common pest in a variety of situations. Due to their cryptic nature and the fact that they will utilize all manner of cracks and crevices as harbourages, their successful control can be difficult. A thorough inspection of the infested area, as well as adjacent rooms and areas is

absolutely essential and control methods should integrate both chemical and non-chemical approaches.

### **Can I prevent bed bugs from entering my home?**

Some infestations can be prevented by washing clothing and bedding immediately after returning from a trip. Inspect all used beds, sofas, or upholstered chairs and bedding for signs of bed bugs before bringing them into your home. Never bring discarded bed frames, mattresses, box springs, or upholstered furniture into your home.

### **Resistance Management**

Various populations of common bedbugs from Australia and elsewhere in the world have been shown to exhibit resistance against various insecticides (pyrethroids and carbamates), it is clear therefore that it is in everyone's best interest to acknowledge the work done by local and international researchers and choose products for bedbug management accordingly. It is also important to adopt rotation of chemical groups in any management program and ensure that non-chemical methods are also employed where appropriate. Since bedbugs do not readily pick up insecticide from residual surface deposits it is important to target bedbugs directly with an insecticide application and also to be aware that dusts can provide a better delivery mechanism in many situations.

Resistance management is obviously not just about switching from one product, which has been working, to another; it is about working with a programmed package of options (some chemical and some non-chemical) which provide different modes of action on an integrated or rotational basis.

Ficam W and Ficam D are key products to rotate with pyrethroids against bedbugs. The fact that they are both odourless and non-repellent makes them ideal options for bedbug management. Reports of reduced susceptibility of local bedbug strains to bendiocarb means it is now critical to use Ficam in conjunction with other products which have also been shown to be effective. Crackdown was originally developed as a tool for German cockroach management, prior to the advent of gel baits. The impact of piperonyl butoxide in the formulation is now very important in helping to overcome the resistance mechanism in bedbugs. Cislin Dust has been shown to be far more effective than permethrin-based dusts against susceptible bedbug strains. Cislin 25 is one of the few products approved for the application to mattresses as part of bedbug management.

The main point of reference for the control of bedbugs should be 'The Code of Practice for Control of Bedbug Infestations in Australia'. ([http://medent.usyd.edu.au/bedbug/bedbug\\_cop.htm](http://medent.usyd.edu.au/bedbug/bedbug_cop.htm)). This is a document which has been put

together by an Industry working party and it addresses the key elements in successful bedbug control.

[Click here](#) to download the [Bed Bug Fact Sheet](#)

[Click here](#) to view and download the Manufacturers Material Safety Data Sheets for all the products we use.

[Contact Penrith Valley Pest Control](#) now for a no obligation free quote to eradicate your bedbug invasion... cause it's us against them!