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BEST PEST CONTROL

RELIABLE PEST CONTROL IN LONDON

How To Protect Yourself From Picking Up Bed Bugs

In a recent poll, respondents agreed that bed bugs are by far the worst pest. Yes, cockroaches, ants, rodents, and birds can cause distress in your life. These pests are a nuisance and can damage your property. Bed bugs, on the other hand, make your life a living hell. It stands to reason then, that you should do everything you can to avoid these bugs. But how do you do this? How do you protect yourself from picking up bed bugs? If you want live a life free of bed bugs, here are some tips:

1. Be careful when going on holiday

The way that most people pick up bed bugs is from going on holiday. Believe it or not, almost all hotels have bed bugs. And it's not only cheap hotels that have this problem. Even the swankiest five star establishments are now renowned for bed bugs.



What generally happens is that these bugs crawl into your pyjamas, clothing, or luggage. From that point you transport them home, and they then make a beeline for your bed. After a while you start to wake up covered in bites, and that's when the problem begins. To stop this from happening you need to avoid bringing the bed bugs home.

Before leaving any hotel you should take all of your clothing and luggage into the bathroom. Carefully examine every inch of your clothes and bag. Use a torch to light up the crevices and go over everything with a fine toothcomb. Check and recheck until you're absolutely sure there are no bed bugs in your items. Then pack your bag and leave it by the door. Preferably you should leave it outside the room.

2. Be careful on public transport

While it may sound hard to believe, trains and buses are also infested with bed bugs. This is especially true in large cities like London. In fact, even taxi cabs and Ubers have been known to harbour bed bugs. If you sit down on public transport for extended periods of time, these bugs may crawl onto you.



One could say that the best thing you can do is to avoid using public transport. Now, very few people are able to do this! So, the next best thing to do is simply avoid sitting down. Still, standing may be impractical or undesirable. Wash clothes often, after travelling on public transport.

3. Be careful with beds and flats

Huge numbers of flats are completely infested with bed bugs. You need to be wary of this when moving somewhere new. Ask the landlord upfront if there are bed bugs. If they seem evasive, then it's a good idea to look somewhere else.

Also watch out for furniture, especially second-hand furniture. Moving into a furnished room is probably a bad idea. It's better to get your own furniture.



When doing this, avoid second-hand beds and sofas. These are often infested with bed bugs. Try to buy new as often as possible. If you're unable to do this then, another option is to leave the bed outside for a few days. This is even more important with mattresses. Always buy a brand new mattress for a rental accomodatiomn when possible.

4. Take precautionary measures

The best way to protect yourself against bed bugs is with something called heat treatments. This method is 100% effective in killing these pests. Our recommendation is to have one of these treatments at least every 3-6 months. This will help you keep bed bugs out of your life. Also, if you're moving into a new flat, it's highly advised to have it treated. Talk to your local pest company if you want to know more about this.