

# SPOT THE SIGNS:

## Your Complete Guide to Identifying Bed Bugs in Your Home

A comprehensive guide from Destrodent – Your trusted bed bug elimination specialists



### WHAT ARE BED BUGS?

Bed bugs are small, reddish-brown insects about the size of an apple seed. They feed on human blood, typically at night, and can quickly infest your home if left untreated. Early detection is crucial to preventing a full-blown infestation.



### VISUAL SIGNS TO LOOK FOR

#### ① Live Bed Bugs

- Adult bed bugs are 4-5mm long (about the size of an apple seed)
- Flat, oval-shaped bodies that become swollen and reddish after feeding
- Often found hiding in mattress seams, bed frames, and headboards
- Most active at night but may be visible during the day in severe infestations

#### ② Droppings (Faecal Spots)

- Small, dark spots (about the size of a pen tip)
- Look like tiny ink stains on fabric
- Commonly found on mattresses, sheets, pillowcases, and furniture
- May appear in clusters or trails along seams

#### ③ Blood Stains on Bedding

- Small rust-coloured or red smears on sheets and pillowcases
- Caused by crushed bed bugs after feeding
- Often appear near where you sleep

#### ④ Shed Skins (Casings)

- Pale, translucent shells left behind as bed bugs moult
- Found near hiding spots and feeding areas
- Bed bugs shed their skin 5 times before reaching adulthood

#### ⑤ Eggs and Eggshells

- Tiny (1mm), pearl-white, oval-shaped eggs
- Often found in clusters in cracks and crevices
- Difficult to spot with the naked eye



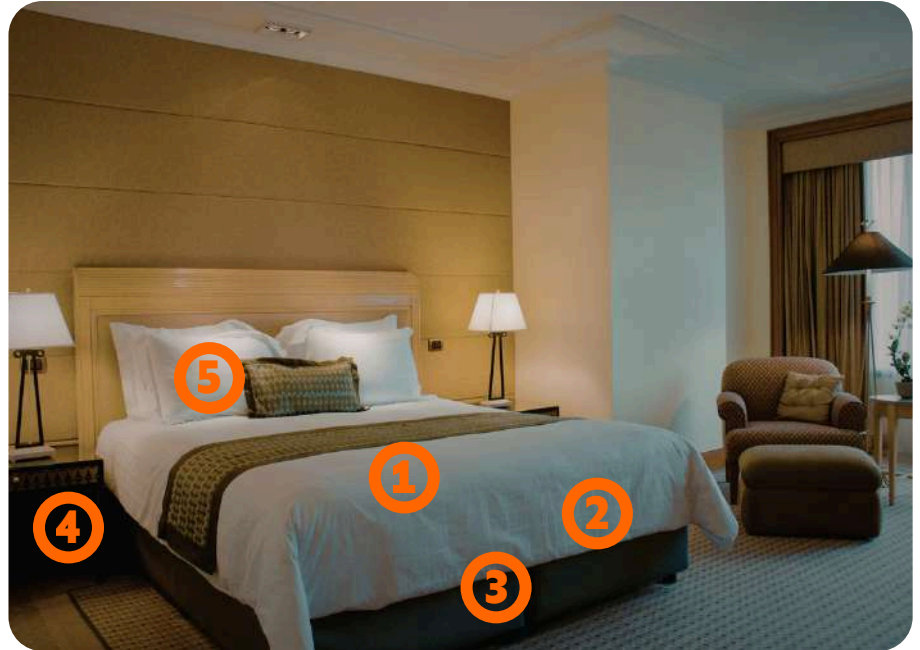
# BED BUG LIFE CYCLE



## WHERE TO CHECK IN YOUR HOME

### Bedroom Areas (Primary Locations)

- 1** Mattress: Check all seams, tufts, and labels
- 2** Box spring: Examine underneath and along edges
- 3** Bed frame and headboard: Look in joints, cracks, and screw holes
- 4** Bedside furniture: Inspect drawers, undersides, and backs
- 5** Pillows: Check seams and under pillowcases



**Important: Bite marks alone cannot confirm bed bugs, as they resemble other insect bites. Always look for additional evidence.**

### Beyond the Bedroom

- Upholstered furniture (sofas and chairs)
- Curtains and blinds, especially where they touch the floor
- Electrical outlets and light switches
- Picture frames and wall decorations
- Luggage and clothing storage areas
- Carpet edges and skirting boards

### PHYSICAL SIGNS ON YOUR BODY

#### Bite Marks

- Small, red, itchy welts on exposed skin
- Often appear in lines or clusters ("breakfast, lunch, and dinner" pattern)
- Commonly found on arms, legs, neck, and face
- Bites may take several days to appear
- Not everyone reacts to bed bug bites

# THE DANGER OF LEAVING BED BUGS UNTREATED

Bed bugs don't just go away on their own. Ignoring an infestation will only make the problem significantly worse:

## Rapid Spread Throughout Your Home

- A single female bed bug can lay 200-500 eggs in her lifetime
- Eggs hatch in just 6-10 days, creating new generations quickly
- Within weeks, a small problem becomes a severe infestation
- Bed bugs will spread from the bedroom to other rooms, infesting sofas, chairs, and carpets

## Expanding Territory

- As populations grow, bed bugs seek new hiding places
- They'll infest neighbouring rooms, including children's bedrooms and living areas
- Can spread to adjacent properties in flats and semi-detached homes
- May hide in electrical outlets, making them extremely difficult to eliminate

## Increasing Health and Wellbeing Impact

- More bed bugs means more frequent bites and greater discomfort
- Sleep deprivation from anxiety and nocturnal feeding
- Potential skin infections from scratching bites
- Psychological stress and embarrassment
- Social isolation from fear of spreading the infestation to others

## Higher Treatment Costs

- Severe infestations require more extensive treatment
- May need multiple treatments and visits
- Potential damage to furniture and belongings that cannot be salvaged
- Lost work time and disruption to daily life

**The bottom line: The sooner you act, the easier and less expensive treatment will be. Early intervention can save you thousands of pounds and months of distress.**

## WHAT TO DO IF YOU SUSPECT BED BUGS

- ✓ **Don't panic** – bed bugs are treatable with professional help
- ✓ **Don't move items** – this can spread the infestation
- ✓ **Reduce clutter** – this makes treatment more effective
- ✓ **Wash and dry bedding** – use high heat (60°C+) if possible
- ✓ **Vacuum thoroughly** – dispose of the bag immediately in an outside bin
- ✓ **Document evidence** – take photos to show pest control professionals
- ✓ **Contact professionals immediately** – DIY treatments are rarely effective for bed bugs

# WHY PROFESSIONAL TREATMENT IS ESSENTIAL

Bed bugs are notoriously difficult to eliminate without expert intervention. They:

- Hide in tiny cracks and crevices
- Have developed resistance to many over-the-counter products
- Reproduce rapidly (a female can lay 200-500 eggs in her lifetime)
- Can survive several months without feeding



## Heat Treatment: The Gold Standard for Bed Bug Elimination

At Destrodent, our Bug Blitz team specialises in professional heat treatment – the most effective method for eradicating bed bugs in just one visit.

### How Heat Treatment Works

- Our specialist equipment heats your entire room or property to 56-60°C
- This lethal temperature penetrates deep into furniture, mattresses, and wall cavities
- Kills bed bugs at all life stages – adults, nymphs, and eggs
- Complete treatment in just 4 hours



## WHY HEAT TREATMENT IS SUPERIOR

- ✓ **Nearly 100% effective on the first visit**  
Eliminates the entire infestation in one treatment
- ✓ **No chemicals required**  
Completely safe for children, pets, and those with sensitivities
- ✓ **Kills hidden bed bugs**  
Heat reaches places chemicals cannot penetrate
- ✓ **Destroys eggs**  
Unlike many chemical treatments that don't affect eggs
- ✓ **No resistance**  
Bed bugs cannot develop immunity to heat
- ✓ **Same-day results**  
You can return to your home immediately after treatment
- ✓ **No preparation required**  
No need to remove clothing or belongings

## WHY OTHER TREATMENTS FALL SHORT

### Chemical sprays and insecticides:

- Often require 2-3 treatments over several weeks
- Only kill bed bugs on contact – miss hidden insects
- Most do not kill eggs, requiring repeat visits
- Bed bugs have developed resistance to many common chemicals
- Require extensive preparation (removing clothing, emptying wardrobes)
- Potential health concerns from chemical exposure

### DIY treatments:

- Over-the-counter products rarely reach the entire infestation
- Bed bugs simply relocate to untreated areas
- Ineffective against eggs
- Can make the problem worse by scattering bed bugs throughout your home
- Waste valuable time, allowing the infestation to grow

# BUG BLITZ HEAT TREATMENT OFFERS THE FASTEST, SAFEST, AND MOST RELIABLE SOLUTION

Typically eliminating your bed bug problem in just 4 hours with a single visit.



## GET EXPERT HELP TODAY

Contact Destrodent's Bug Blitz team NOW

 01483 904074






 [blitz@bedbugpestcontrolsurrey.co.uk](mailto:blitz@bedbugpestcontrolsurrey.co.uk)

 [bedbugpestcontrolsurrey.co.uk](http://bedbugpestcontrolsurrey.co.uk)

Available 7 days a week for emergency callouts

### Don't let bed bugs take over your home.

At Destrodent, we deliver fast, effective bed bug elimination using our proven heat treatment technology. Our experienced technicians will:

-  Conduct a thorough inspection of your property
-  Provide same-day or next-day treatment options
-  Eliminate 100% of bed bugs in just 4 hours with heat treatment
-  Offer follow-up inspections to ensure complete eradication
-  Give you peace of mind with our treatment guarantee

Don't wait – the longer you leave it, the worse the infestation becomes. Call Bug Blitz today for a free, no-obligation quote and reclaim your home.

**Destrodent** – Professional Pest Control You Can Trust

