

Author Quotes

“Having fought their way back into society from relative obscurity, bed bugs have made a global come back in record time. With urban infestations spreading at an alarming rate we must call upon our most powerful weapon in the fight against bed bugs... communication. Understanding the problem can help you to avoid an infestation at home because prevention is so much more preferable than having them as unwanted house guests. This book will guide you through the facts of bed bugs from inspecting your own home and hotel rooms to how to seek professional help if needed.”

David Cain

“Putting things in perspective there are many biting insects that are of more public health significance than bed bugs. Yet bed bugs invoke in us a deep seated reaction. Perhaps it’s the childhood memory of our parents’ nightly warning? Perhaps it is because they attack us when we are at our most vulnerable – when we are asleep? Or just perhaps it is because they are a problem that we thought we had licked. I hope that this book goes some way to redressing that balance.”

Richard Strand

Bed Bug Beware



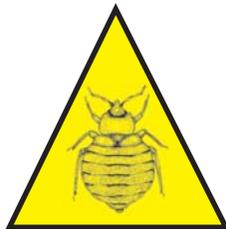
An easy to understand guide to bed bugs, their prevention and control

Throughout this book we have highlighted how important increased awareness of the problem of bed bugs is to the prevention of their continued spread.

www.bedbugbeware.com is a *not-for-profit* website to assist the increased awareness of bed bugs, their prevention and control. Please visit the site to assist the increased awareness of the problem and tell your friends about it too.



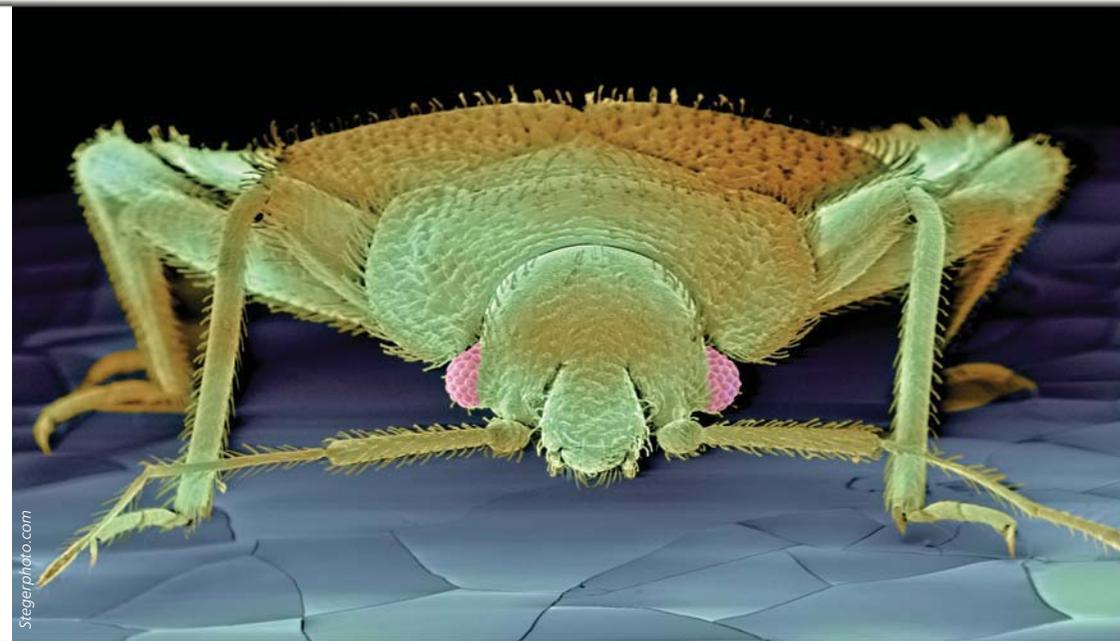
www.bed-bugs.co.uk



www.bedbugbeware.com



www.pestfreehome.co.uk



Stegerphoto.com

David Cain
Richard Strand

David Cain began his post university career as a research scientist studying genetics and molecular biology. This may initially seem very distant from the world of pest control. Having spent many years working in the biotechnology field, and travelling the world, a life changing car crash made him stop and re-evaluate things. A chance suggestion from a family member and the introduction to a mutual friend led to a new career in pest control. He was fascinated by bed bugs from his first encounter on day one as a pest controller and when his first website went live in 2005 he became the world's first dedicated exterminator of bed bugs, something that even a year or two before the whole industry would have thought there was no need for.

David has become a passionate champion of the need for public communication of the ways to detect and avoid bed bugs and is increasingly seen on TV, heard on the radio and read in the national press expressing his views. What used to be a rare pest problem at the start of the new millennium is now so vast that he has personally dealt with over 10,000 cases in his career so far.

Richard Strand holds an External London University honours degree in Zoology and is a Chartered Biologist. He started his career in pest control in 1973 with the then "British Rail 'Disinfestation' Section". He took control of BR's pest control operations in London and the South East in 1978 including pest control in stations, catering, warehouses and granaries, British Transport Hotels, Sealink Shipping and HoverSpeed. He held the position of Director of the British Pest Control Association from 1988 until 2006 and was President of the Confederation of European Pest Control Associations from 1993–1996. Richard Strand is currently a consultant to the pest control industry and secretary of the Irish Pest Control Association.

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Bed Bug Beware

**An easy to understand guide to bed bugs,
their prevention and control**

"The walls were as thin as matchwood, and to hide the cracks they had been covered with layer after layer of pink paper, which had come loose and housed innumerable bugs. Near the ceiling long lines of bugs marched all day like columns of soldiers, and at night came down ravenously hungry, so that one had to get up every few hours and kill them in hecatombs. Sometimes when the bugs got too bad one used to burn sulphur and drive them into the next room; whereupon the lodger next door would retort by having his room sulphured, and drive the bugs back."

George Orwell – Down and Out in Paris and London

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If I get bitten at night does it mean I have bed bugs?
No, there are many different things that could have caused the bite, bed bugs being just one of them.

Do bed bugs carry disease?
No, although bed bugs can bite and draw blood they do not spread any diseases.

Do bed bugs fly?
No, bed bugs crawl around slowly but can walk on all but the smoothest of surfaces.

Do bed bugs jump?
No, bed bugs do not jump. If insects bite and jump they are usually fleas.

How far can a bed bug crawl?
Actually, quite a long distance in your house or hotel. They can move right around a single room and from room to room.

How big are bed bugs?
Adults are about 5mm long. The younger stages which are called nymphs are much smaller and look like small adults.

Can you see bed bugs?
Adult bed bugs are brown to reddish-brown, oval-shaped, flattened so you can see them. The younger stages: the nymphs, are often translucent so they are more difficult to detect.

Can they attach to my body or clothes?
Yes, they can get caught in the fibres of

clothes, luggage and furniture. They feed on human blood but only attach to the body when they are actually feeding, most often whilst you are sleeping.

Can I transmit them to other people?
Yes, if they are on your clothes, luggage or furniture they can easily be transmitted to other people.

Can I get rid of them if they are in my house or hotel room?
Yes, if the infestation is light then you can treat it yourself, but if the bed bugs are well established then you must contact a professional pest management service to eradicate the problem. If you discover them in your hotel room, then report it to reception at once and demand to be moved to another room.

Be *Bed Bug Aware* and prevent infestations spreading. This book is designed to help you to be more *Bed Bug Aware*.

- READ THIS BOOK TO ANSWER THESE QUESTIONS IN DETAIL – AND MANY MORE!
- LEARN HOW TO PREVENT BED BUGS BECOMING A PROBLEM IN YOUR HOME OR WHILE YOU ARE TRAVELLING.
- LEARN HOW TO ERADICATE AN INFESTATION IF YOU ARE UNLUCKY ENOUGH TO HAVE ONE IN YOUR HOME.