

## Re-introduction Of Bed bugs

Once you have had bed bugs in your home, it is possible to re-introduce them. It's difficult to know exactly where you got them from in the first place so it is very possible that you are re-visiting the same location that is the source for the re-incurring infestation.

Develop a protocol for re-entering your home. Leave a change of clothes in your garage each day and remove your clothes and shoes there before entering your home. Be sure to seal those dirty clothes in a plastic bag until they are ready to be washed. Remember, it's the eggs that are so sticky and cling to your clothing and shoes!

Bed Bugs are extremely hard to get rid of once they have invaded your home. They can live more than a year without eating, rapidly reproduce and survive temperatures from freezing to over 110 degrees. And they just keep coming back, no matter how many times you wash your sheets and clothes.



- Don't throw away your furniture. The chances are that you will spread the bugs through your home.
- Don't flee the infested room. The bedbugs want food and warmth: if you go, they'll follow. They are attracted to the carbon dioxide that you exhale so if you try to escape to the couch, you'll simply infest that area as well.
- Talk to your neighbors, friends and family. It is possible your bugs have come from them, or that you have given them yours. No one is to blame and no one is immune because bedbugs can be picked up anywhere and brought home. Their eggs are extremely sticky and can survive in all sorts of conditions. They're hitchhikers, so if somebody has bedbug eggs on their pants and they sit someplace, the next person who sits there will pick them up and bring them home. You don't know you have them for a month, but then you do.