How To Prevent Or (If Too Late) Kill Bed Bugs

We've been fortunate enough not have had bed bugs, but I have read enough about them to know they are nasty... Once you are infested, they are incredibly difficult to eradicate.

Bed bugs are nocturnal, they hide in bedding, furniture and other dark places during the day. They come out and feed on you whilst you are sleeping and they can cause itchy bumps and welts, with some people having quite severe reactions to bed bug bites. As with most things - prevention is better than the cure; it is easier to keep them out, then get them out once they are in. Check out the link below to find out more on identifying bed bugs and how to prevent and kill bed bugs, either DIY or via a bed bug extermination service.

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(photo from: Medill DC)