



Dedicated to Providing the Ultimate Health & Hygiene Protection for Travellers

How to Avoid Bed Bugs

What Are Bed Bugs?

Bed bugs are parasitic insects that feed exclusively on blood. Preferring warm houses and especially the inside of beds and bedding, they usually feed at night and without their human friends noticing, until it is too late.



Causes

Infestation most often occurs from live bugs and eggs brought in from another house, hotel, or cinema and they are usually transported on clothing or luggage.

Bed bugs are found all over the world and although rates of infestation in developed countries decreased between the 1930s to the 1980s they have increased dramatically since then. The main causes of this are believed to be greater foreign travel, increased immigration from the developing world, and more frequent exchange of second-hand furnishings among homes.



Pyramid is a specialist manufacturer of travel products, providing The Ultimate Protection against insect bites, dangerous bacteria and water borne diseases.

www.pyramidtravelproducts.co.uk

How Do I Know If There Are Bed Bugs In My Bed?

Bed bugs are very elusive and usually nocturnal which means finding them can be very difficult. They will often settle in dark crevices, and the tiny adhesive eggs can group in their hundreds in fabric seams.

The most common sign that they are there will be their bites on your skin. Other signs include faecal spots (small dark sand-like droppings) and blood smears.

Are They Dangerous?



Bed bugs can cause a number of health problems including skin rashes and allergic reactions. Transmission of disease in humans has not been proven but they can certainly cause a range of skin problems.

How Can I Avoid Them?

While travelling the very best way to avoid being bitten is to create a barrier between the mattress and pillows you are sleeping on. The Pyramid Bed Bug Guard will give you The Ultimate Protection. Our specially-treated fine-mesh bed sheet and pillowcase fit snugly over the bedding to protect against crawling or biting insects. Made with the best quality 100% polyester fabric, the fine mesh is impregnated using Zi Technology Fabric Impregnation. It uses long lasting Permethrin with a unique binding agent to kill any bugs on contact. Simply remove the sheet and pillowcases from the bed. Place the Bed Bug Sheet and Pillowcases over the mattress and pillow and replace the bedding.

If you have a bed bug infestation at home eradication can be a difficult and a laborious process, usually consisting of a combination of vacuuming and heat treating mattresses. We would advise contacting a professional pest control company to help you with this.

Every effort is taken to ensure that the information published on this website is accurate and informative. It is not intended to replace a consultation with an appropriately qualified medical practitioner.

Pyramid is a specialist manufacturer of travel products, providing The Ultimate Protection against insect bites, dangerous bacteria and water borne diseases.

www.pyramidtravelproducts.co.uk