



Fig 1. A feeding bed bug (*C. lectularius*) female. The feeding results in a large increase of the body volume.

No matter how fastidious you may be, if you live in any city the size of Abu Dhabi the chances are you've had trouble with roaches or other bugs. Try these tricks that have worked for other Abu Dhabi residents

Kill the masses with bug paste

Sri Lankan maids all over the capital swear by the paste you'll find in the insect-killing section of every grocery store. When used properly, this indeterminate substance works continuously for six to twelve months.

Unlike sprays or bombs that require you to empty your kitchen cupboards and leave behind an unpleasant odour, the paste goes in hideaway spots like behind the refrigerator and under the sink where children and pets can't reach it.

The principle behind the paste is that bugs eat the paste then carry it back to the nest where they live, killing all the bugs hidden away out of sight. You'll be left with a mountain of carcasses, but dead bugs beat living ones any day.

Though there are several brands, one that works a treat is Good Bye Gold which sells for about AED 50 not a bad price for six to twelve bug free months.

Stop entry with drain cleaner

Though the paste will kill bugs that are already living in your house, most bugs gain entrance through the drains in your kitchen and bathrooms.

One cheap way to keep the bugs from getting in and setting up shop is by dosing your drains weekly with a gel drain cleaner.

These powerful cleaners will flush out any critters bound for your pantry, but be sure to follow the directions carefully—otherwise this caustic chemical will eat right through your pipes.

Some brands are more expensive than others, but the most basic gelstyle brands are effective.

Go pro with an exterminator

If you're squeamish about the chemicals or if the bugs are just out of control, you may want to consider contacting a professional. While an exterminator will cost more than doing the job yourself, they're likely to be better equipped to handle overwhelming situations or those really insidious bugs like termites or ants.

Several cleaning/maid services include pest control as part of their repertoire. A few to try are Tip Top Clean (02 676 5759), Modern Building Maintenance(02 632 0097), and Aroma Cleaning Services (02 671 5332).

For extermination specialists, Abu Dhabi Mums recommends ACAS Grovex (02 626 7733). Also try National Pest Control (02 563 1681) or Emirates Care Pest Control (02 644 8686). Or for really huge jobs call Shinex, the labour camp specialists, on 02 552 1011.

Beat back the bugs

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If you find these instructions have changed or have any useful information to add, let us know via editor@AbuDhabiWeek.com and we'll post an update.

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