



# Avoiding Bed Bugs When You Travel

## Don't Let the Bed Bugs Bite

It is important to note that bed bugs can happen to anyone. They ride on clothing and luggage. They are not gender, race, or class specific. They can infest both clean rooms and dirty rooms. So, your best defense against bed bugs is a healthy knowledge base. Use these tips to help avoid bed bug bites and stowaways on your next trip.

### Before You Go:

- Use hard case luggage if you have it. It is harder for bed bugs to attach to.
- Pack your items in re-sealable plastic bags. Bring extra bags for any goodies you buy on your trip.
- Pack a small bright flashlight to inspect your room upon arrival.

### Lodging:

- Ask about bed bug policies when making reservations. An adequate bed bug prevention program should include regular inspections and a licensed pest control specialist.

### Inspecting Your Room:

- Learn to recognize bed bugs and signs of bed bug infestation.
- Place your luggage on a hard elevated surface. Do not place it on the floor. If there is no suitable location place it in a dry tub or keep it in your car.
- Examine bed and box springs by pulling up the sheets at corners and on the sides. Check mattress tufts, buttons, seams and tags for bed bugs and their markings. Pay special attention to the head of the bed.
- Check pillows and upholstered furniture.
- Many head boards can be removed from the wall, check behind them.
- Check behind picture frames and in drawers of night stands.
- If you find bed bugs tell the manager right away and **demand another room**.

### Coming Home:

- Unpack your luggage on a light colored easily sanitized surface like the bathroom floor.
- Shake out clothing in a tub or shower.
- Check luggage for bed bugs, pay special attention to zippers, straps, and seams.
- Wash and dry all clothing immediately on the hottest setting possible. Dry clean or steam clean items that cannot be laundered at high settings.