

TRAVEL WITHOUT BED BUGS

How can I reduce the risk of bringing bed bugs back home from my travels?

- Do not put luggage, backpack, or purse directly on the bed or floor – keep these items elevated using a luggage stand, table top, or other hard surface.
- Keep luggage closed and zipped at all times.
- Use hangers or hooks to keep all clothing off of the floor and bed.
- Before re-packing luggage – place your pajamas, socks and slippers in plastic bags (zip-loc).
- Before returning – check crevices in luggage and backpacks for signs of bed bugs.
- While outside or in the garage, unpack luggage directly into a plastic bag and immediately take the clothing to a clothes dryer and dry for 20 minutes at a high heat cycle of at least 120 degrees.
- Do not store luggage or backpack on your bed or any carpeted surface, keep it outside or in the garage. If possible, store luggage in a large plastic bag and seal tightly, keeping it isolated from all other belongings.
- Remember: Bed bugs feed on the blood of humans, although there is no evidence that they are capable of transmitting any diseases. They don't cause serious illness, but can cause discomfort by leaving tiny bite marks and itchy rashes on the body.

Where do I look for signs of bed bugs?

- The bed: mattress seams, frames, headboard
- Next to the bed: dressers, bed frames, and floorboards.
- It's important to check first and avoid infested rooms completely.