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BED BUG TRAVEL RECOMMENDATIONS

Travel is one of the primary means by which bed bugs are introduced to new habitats. To this end travelers should be aware of the following recommendations in an effort to minimize the possibility of introducing bed bugs to their homes or other lodgings.

1. Whenever you check in to new lodgings, ask at the front desk if bed bugs have been a problem in the past.
2. Travel with a small flashlight and travel light.
3. Before introducing your luggage to a room perform the following brief inspection: Peel back the bed sheets and inspect the mattress, running your fingers and light along the upper and lower seams (bed bugs hide here); look for reddish-brown stains on the mattress (dried blood). Check the headboard and the night table for tiny black spots (excrement) that are smaller than poppy seeds.
4. If you find bed bugs, or any signs of their presence, ask for a new room or find alternate lodgings. Remember, if you take another room, perform another check.
5. Store all luggage off the floor and away from the bed.
6. Cover luggage in a tightly tied plastic bag or purchase and use a bed bug cover for luggage (available on the web). You may wish to seal all your other belongings in airtight sandwich bags.
7. Carefully inspect your belongings before you pack to leave.
8. Prior to unpacking at your final destination, leave your suitcase outside your residence; all clothing should be put in a dryer for 20-minutes at a minimum of 45-degrees Celsius.
9. Don't panic about bed bugs, they are NOT harmful to human health. But remember, keep and practice the above tips when you travel in order to stop the spread of bed bugs.

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