

# AVOIDING

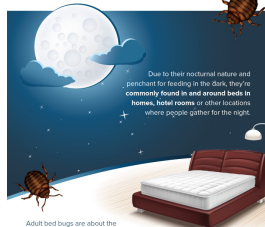


# WHILE TRAVELING



## What Are Bed Bugs?

Bed bugs are tiny, wingless insects that feast on the blood of humans, pets and other warm-blooded animals.



Due to their nocturnal nature and penchant for feeding in the dark, they're commonly found in and around beds in homes, hotel rooms or other locations where people gather for the night.

Adult bed bugs are about the size of an apple seed, with a flattened, oval body. Adults are normally brown in color, although their bodies swell up and change to a reddish color after feeding. Their flat bodies make it easy for them to slip into small spaces through openings no thicker than a credit card.

## BED BUGS

### - THE UNWANTED HITCHHIKERS -



Whether you have to travel for business, are going on vacation with family or friends or traveling for the holidays, you should always take measures to avoid bed bugs. If not, you run the risk of bringing some unexpected hitchhikers coming back home with you.

Here are some best practices for avoiding bed bugs before, during and after traveling:

### PACKING & PLANNING

- Consider switching to metal or plastic luggage as bag bugs have a difficult time traveling across smooth surfaces. If you can't use metal bags, bed bugs can't travel from an untreated bag to your bag, even in the cargo hold of the plane.
- Place all your clothing in plastic bags inside your suitcase.
- Before booking your accommodations, cautiously read reviews from previous guests.



### DURING TRAVEL

- When entering a plane, train, bus or rental car, always inspect your seat and the surrounding areas for signs of bed bugs. This may be the bugs themselves, shed skin or reddish brown spots they leave behind.
- Bring your own travel pillow to avoid using the pillows provided on planes.
- When opening up your luggage from baggage claims, look closely at your suitcase for signs of bed bugs.

### AT YOUR HOTEL OR ACCOMMODATIONS



- When you arrive at your destination place your bag on the floor in the bathroom or other tiled surface until you examine the room.
- Check the mattress folds look for little brown or reddish spots.
- Examine the bed, pillows, sheets, bed ruffe, drapes, chairs, nightstands, picture and anything unattended.
- Use the provided surface cloth to keep your luggage off the floor. Never place clothes on the ground. When you take your dirty clothes off place them in the plastic bags.
- Check your room daily. Even though your room is clean the room next door may be infested and bedbugs can travel through the walls from room to room.



### ARRIVING HOME

- Look over your suitcase before bringing it into the house.
- Consider unpacking your suitcase outside and vacuuming the interior before bringing it back into your home.
- Immediately wash all clothing and place in a hot dryer.
- If your freezer is large enough consider placing your bagged clothing in there for a few hours. The cold will kill bed bugs.

