



HEALTH DEPARTMENT

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BED BUG TIPS FOR TRAVELERS

Bed bugs have become a commonplace pest throughout the United States. You can come in contact with them anywhere, but be especially careful when you travel. This does not mean that you should not travel! The good news is that most good hotels and convention facilities have developed bed bug surveillance programs, and the managers and staff know how to check their rooms for evidence of bed bugs. However, even the most diligent surveillance may miss a new infestation. Here are a few precautions to take as you prepare for travel:

WHILE PACKING:

1. Take just what you need for the trip.
2. As you are packing your suitcases, place your clothing, shoes, and toiletries in sealable plastic bags.
3. Tuck a couple of large sealable bags in your luggage for storing things that you've worn.

ON YOUR TRIP:

1. Ask to inspect your hotel room before you accept it. Turn back the comforter, sheets and mattress pad. Look for bed bug fecal spots.
2. Don't place your suitcases on the bed or on the floor. Store them on the luggage rack.
3. Keep your belongings in the suitcase.
4. Don't put things that you've worn back in the suitcase. Put them into a sealable plastic bag.
5. Don't put things that you buy on the trip - especially shoes and clothing- in your suitcase. Put them in sealable plastic bags.
6. Before packing to leave the hotel, inspect your luggage for bed bugs. Place everything in plastic bags in the suitcases.

ONCE YOU ARE HOME:

1. Leave your luggage in the garage, or outside. Do NOT take it in the house!
2. Remove the things in your suitcases and inspect them for bed bugs. Store clothing in the garage or outside until they can be washed and dried in a hot dryer for 20 minutes. Things that cannot be dried at a high temperature should be dry-cleaned.
3. Leave your luggage in the garage, if possible. If you must bring it in the house, place it in heavy, tightly sealed plastic bags.