

DON'T BRING THEM HOME:

The next time you travel you might want to follow these tips:

Use a flashlight or UV light to inspect your room for live bed bugs or evidence of activity such as fecal material, shed skins or blood spots. If room is suspect request a different room. The number one spot in hotels is the headboard.

Using a business card and hand lens examine the cracks and crevices around the mattress, bed frame, headboard (most lift off the wall), carpet edges, picture frames, closets, nightstands, luggage racks and dressers to inspect for evidence.

Don't unpack; leave your clothes in a closed suitcase, knapsack or zipped up clothing bag. You might want to tape the zipper or put it in a large clear plastic bag. Traveling light, hand your clothing bag on the shower rod or in bathroom.

Keep your suitcase etc. away from the bed and don't leave clothes laying about or in dresser drawers. Move the bed away from the wall or headboard if possible. Check yourself for bites or itching, although bed bug bites are not always immediately noticeable. Bag and seal pajamas in a clear plastic bag and examine.

When you get home:

Unpack over a white sheet, directly launder washables in water over 140 degrees or place in a bag and dry clean. Use separate bags on trip to and from laundry.

Inspect and vacuum suitcases before putting them away. If you think you may have come in contact with pests you might consider misting the area and suitcase with a contact insecticide aerosol labeled for use on bed bugs.

Still Paranoid?

Travel with clear large plastic bags and enclose suitcase, clothing bag and all belongings except what you are wearing and seal with tape. Consider using a hard suitcase rather than fabric and sub wrap items in plastic bags. In some areas mosquito nets may be of use.

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