

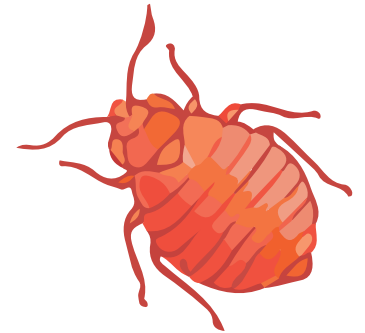
# Traveling?

Avoid *bed bug* hitchhikers with simple travel tips

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## Before your trip

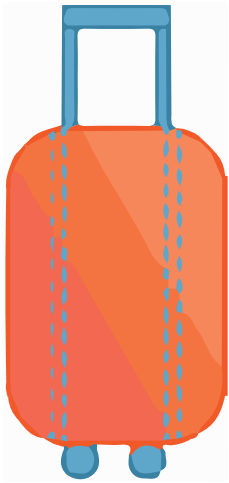
Pack only the essentials. Fewer items means fewer places for bed bugs to hide. For extra protection, pack items in clear plastic bags to act as bed bug barriers.



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## During your trip

Don't set your luggage directly on your hotel bed. Use a luggage rack that doesn't touch the wall, or keep your bags in the (empty) bathtub until you can inspect the room.



3

## After your trip

When you get home, do not bring your luggage inside right away. Immediately unpack and inspect all items outside or in the garage. Tumble clothes in your dryer on high to kill any bed bug hitchhikers.

## Know the signs of bed bugs!

When you arrive at the hotel, inspect your room for bed bugs. Evidence of bed bugs can be live insects or their droppings, which look similar to dark ink and dried blood stains. They occupy areas where people sleep, so inspect the bed, sheets, and everything around the bed.

Bed bugs are about the width of a credit card, so they can squeeze into very small hiding spots. Pay close attention to cracks, seams, and folds. Check these areas by sliding a card through the gaps – this will pull out evidence of any hiding bed bugs.

If you find bed bugs, contact the front desk for a new room – bed bugs may be isolated to specific rooms. Then, inspect again.

## What do bed bugs look like?

Bed bugs are flattened brownish-red insects. Adults are about the size of apple seeds. Young bed bugs can be as small as a poppy seed. They look yellow until they feed.

