



RE: Limiting your chances of bringing bed bugs home from you trip.

## **Inspecting a hotel room is the best way to begin your stay!**

1. Do not put your luggage on the bed but place it in the restroom or other hard surface.
2. Turn on as many lights as you can and remove all of the bedding.
3. Begin by inspecting the seams or piping of the mattress on both the top and bottom and box springs. Also, inspect the dust ruffle if one is included in the bedding. If you observe specs that look like pepper, dirt, or mold, this could be a sign of blood that has been excreted from the bed bugs after feeding on someone sleeping in that bed.
4. Areas where the box springs meet the frame are good places for bed bugs to hide as they prefer crevices.
5. Take a stiff piece of paper and slide it along the length of the headboard and look for signs of blood spots or cast skins of bed bugs.
6. If you have the slightest bit of evidence that bed bugs may be in that room, notify the management of you concerns and request to change rooms.
7. If you change rooms, begin the inspection process again. Do not stay in a room that you suspect may have bedbugs.
8. Even if you don't see signs of bedbugs, keep your luggage in the restroom or on a hard surface over night. Bringing home one gravid (pregnant) female is all it takes to start an infestation in your home. Females wander around seeking areas to lay their eggs and can get into your personal belongings.
9. Inspect your room no matter how clean the hotel room looks.
10. Even if you don't find signs of bed bugs, you may want to use a product on the mattress, box springs and headboard before you retire for the evening. There are several new products on the market that are non-toxic to humans; but make sure it kills on contact, has a residual component and no odor.
11. If you suspect bed bugs have gotten into your personal belongings, either discard or wash them in hot water when you get home. Discard the suitcase or bag or leave outside until you can treat for bed bugs.