

How To Protect Yourself From Bed Bugs While Traveling



You may not be aware that in recent years, **Bed Bugs** have become a major problem not only in North America, but throughout the entire world.

The following is a guide to help you reduce the chance of bringing home **Bed Bugs**. Bed bug proof luggage encasements are strongly recommended when traveling.

1. When traveling you should carry a flash light and alcohol wipes.
2. When you check into a hotel/motel/resort you should place your luggage in the bath tub (**Bed Bugs** on average are found 3 to 6 feet from the bed) until you have inspected your room. If you have purchased a luggage encasement, place your luggage up off of the floor and always keep the encasement zippered up.
3. Adult Bed bugs are about the size of an apple seed – not invisible like some people think.
4. An inspection of the room must be performed in order to reduce the chances of taking **Bed Bugs** home. The first place you need to check is the bed. Gently pull back the covers at the head of the bed. What you are looking for is pepper like staining or blood spots. **Bed Bugs** love the seams on mattresses and box springs. If you see any of these signs you need to ask for another room and repeat the steps. Using your flashlight do a complete inspection of headboard. Again if you see any indication that bed bugs have been present, change rooms. When removing sheets do this very gently because **Bed Bugs** do not like to be disturbed. Roll sheets from the head of the bed to the foot of the bed.
5. If you find no signs of **Bed Bugs** you can place your luggage away from the bed and up off the floor, always keep your luggage closed and in the encasement.
6. When leaving the room always wipe down the exterior of all luggage with alcohol wipes. When going home, do not assume that because you did not get bit or you did not find any signs that **Bed Bugs** were not present. Not all people are affected by **Bed Bug** bites. When you get home, place your luggage in the garage or a building that is not attached to your home. Remove all of your clothing into bags and take one bag at a time into your home and remove clothing from the bag and place into the washer. Repeat until all clothing has been washed and dried. Items that can't be washed should be placed in the clothes dryer on high heat for a minimum of 20 minutes. This will kill all the life stages of the **Bed Bugs** including the eggs.
7. Protect your mattress and box spring by installing bed bug proof encasements. We do sell lab tested encasements that will protect your mattress and box spring for years to come.

This is only a guide to help reduce your risk of bringing bed bugs home.

If you have any questions, we would be happy to help. Please call.

Kawartha Pest Control

Apsley 705-656-2168 Peterborough 705-742-0003
Bancroft 613-332-2282 Fenelon Falls 705-887-2282
Toll Free 1-888-333-7553

