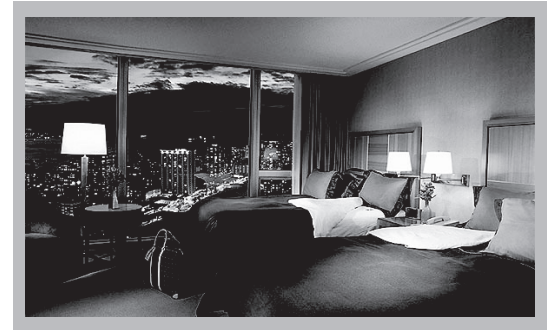




BED BUGS

Travel Tips

Bed bugs (*Cimex lectularius*) are small, flat, oval shaped insects that feed, usually at night, on the blood of humans and other mammals. They are found worldwide and not restricted by degrees of cleanliness – even the cleanest five-star establishment can have bed bugs. Travellers may be at higher risk of bed bug bites when staying in accommodations that have a high turnover rate.



Bed bug bites are not considered to be a major health risk. Bed bugs are able to induce allergic reactions and local skin reactions that cause inflammation and itching. This can lead to secondary infections and psychological stress. Travellers are advised to take special care to prevent bringing bed bugs home.

Before your trip

- Bring clear plastic bags that can tightly seal clothing or luggage
- Leave your pillows and personal bedding at home
- Do your research – call ahead to see if your place of lodging has had problems with bed bugs in the past or go online to read customer reviews

During your trip

- Inspect your room using a flashlight for signs of infestation, such as black/brown spots (dried blood or feces) or dead or live bugs around the mattress, headboard, cushions, pillows and any furniture near the bed
- If possible, leave your luggage outside or place in the bathtub until the inspection is completed
- Elevate all luggage and personal items by using luggage racks to keep personal items away from carpets, beds and other upholstered surfaces
- If the room has signs of bed bug infestation, ask the manager for a different room, preferably in another area of the building away from the possibly infested room or refuse to stay in their accommodations
- Place all worn and potentially affected clothing in tightly sealed plastic bags until clothing can be properly cleaned

After your trip

- Thoroughly inspect your luggage and all articles of clothing and personal items for bed bugs before bringing belongings into your home
- Wash and dry clothes on the hottest setting, vacuum your bags and luggage making sure to seal and dispose of the vacuum cleaner bag immediately
- If any bed bugs are discovered or bites appear within days or weeks after your return, contact a pest management professional for advice on possible treatment