

Tips to Avoid Bringing Bugs Home With You When Traveling

At the Hotel:

- Check around and behind the head board. Check the mattress corners near headboard and near seams and piping for bed bug excrement.
- Keep your luggage closed with all zippers fully zipped. Keep luggage off the bed, away from walls and off luggage racks as these areas are more prone to bed bugs.
- Never place your suitcase on bed to take clothes in or out or lay clothing out over the bed when packing.
- Think about hanging clothing on the shower curtain for short trips.

Returning Home

- Empty suitcase contents directly into washing machine and dry in hot dryer for 30 minutes upon return.
- Place luggage into a plastic bag and isolate luggage from everything.
- Be aware of electronics that you transport with you (cell phone, computer, iPad, Xbox, etc)

References

- Anonymous. *Guidelines for the Control and Prevention of Bed Bug Infestations in California*. Department of Health Services, State of California. (Found at www.dhs.ca.gov), 2007.
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- <http://www.nlm.gov/medlineplus/>
- <http://bedbugcentral.com/Cornell%20University%20Guidelines%20for%20Prevention%20and%20Management%20of%20Bed%20Bugs%20in%20Shelters%20and%20Group%20Living%20Facilities.pdf>
- Centers for Disease Control and Prevention: http://www.cdc.gov/nceh/ehs/publications/Bed_Bugs_CDC-EPA_Statement.h



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Don't let the Bed Bugs Bite



Learn How Not To Have Encounters

Arizona Western College
Health Services

Bed Bug, *Cimex lectularius*

What are bed bugs?

Bed bugs are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep. Bed bugs are red-dish-brown in color, wingless, range from 1mm to 7mm..

Where are bed bugs found?

The presence of bed bugs has traditionally been seen as a problem in developing countries, it has recently been spreading rapidly in parts of the United States, Canada, the United Kingdom, and other parts of Europe.

Bed bugs have been found in five-star hotels and resorts and their presence is not determined by the cleanliness of the living conditions where they are found.



Bed bug adult and droppings on a mattress .

Bed bug infestations usually occur around or near the areas where people sleep. These areas include apartments, shelters, rooming houses, hotels, cruise ships, buses, trains, and dorm rooms. They hide during the day in places such as seams of mattresses, box springs, bed frames, headboards, dresser tables, inside cracks or crevices, behind wallpaper, or any other clutter or objects around a bed. Bedbugs can also hide in radios, phones, and in clocks on the nightstand near a bed.



Bed bugs have been shown to be able to travel over 100 feet in a night but tend to live within 8 feet of where people sleep.

How did I get bed bugs?

Bed bugs are experts at hiding. Their slim flat bodies allow them to fit into the smallest of spaces and stay there for long periods of time, even without a blood meal. Bed bugs are usually transported from place to place as people travel. The bed bugs travel in the seams and folds of luggage, overnight bags, folded clothes, bedding, furniture, and anywhere else where they can hide. Most people do not realize they are transporting stow-away bed bugs as they travel from location to location, infecting areas as they travel



How do I know if I've been bitten by a bed bug?

It is hard to tell if you've been bitten by a bed bug unless you find bed bugs or signs of infestation. When bed bugs bite, they inject an anesthetic and an anticoagulant that prevents a person from realizing they are being bitten. Most people do not realize they have been bitten until bite marks appear anywhere from one to several days after the initial bite. The bite marks are similar to that of a mosquito or a flea -- a slightly swollen and red area that may itch and be irritating. The bite marks may be random or appear in a straight line.

Fast Facts About Bed Bugs:

- Do not transmit disease to people
- May trigger asthma
- Cannot fly or jump, but can run fast
- Are large enough to be seen
- Can be transported in personal belongings
- Are often found on thrown out furniture
- Can travel through a building
- Can be difficult to control