



We Make Homes Healthy™ ThrasherBedBugs.com

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Avoid the Bite Travel Tips

Before You Travel

1. Encase Mattresses. Make sure that all of your mattresses and box springs are encased in bed bug certified encasements prior to leaving on your trip. This is a very important pro-active step that will prevent bed bugs from getting inside of your mattresses and box springs and will aid in the early detection of the bugs in the event that you accidentally bring bed bugs into your home.

2. Pack Heavy Duty Plastic Bags. Purchase heavy duty "construction debris" or trash compactor plastic bags that are large enough to hold your luggage. When you return from your trip, seal your luggage in these bags before placing it in your car. This step will prevent your vehicle from becoming infested on your way back home. Once you arrive home you will be able to deal with your luggage and its contents.

3. Use Hard Shelled Luggage. It is less bed bug friendly than fabric.

4. Pack Items In Ziploc® Bags. Clothing that can be hot laundered or dry cleaned can be easily dealt with when you get home, however items that cannot be laundered such as electronics, toiletries, books, shoes etc. can be packed in sealed Ziploc® bags to protect them from becoming infested should you encounter bed bugs.

During Your Stay

Reduce the likelihood of encountering bed bugs and bringing them home with you by thoroughly inspecting your accommodations and taking measures to protect your luggage and its contents throughout your stay.

1. Inspect the Bed & Headboard. In a hotel setting, bed bugs are very likely to be found behind the headboard. Before you settle into your room, lift the headboard off the wall with help of another person and look for evidence of bed bugs. Also, pull back the bed linens and check the visible edges of the mattress and box spring. You are looking for evidence of live bugs, dark brownish to black spots & stains, or shed skins from bed bugs. If you suspect bed bugs, request another room.

2. Keep Luggage Closed & Away from Bed Bug Prone Areas. Keep all zippers closed and do not place or store luggage on or next to beds, upholstered furniture or in a closet. The further away you store your luggage from these areas the better.

3. Keep Items that Cannot be Laundered in Ziploc® Bags. Items that cannot be laundered such as books, electronics, toiletries, jewelry etc should be kept sealed in Ziploc® bags whenever they are not in use. Even laptop computers can be kept in sealed Ziploc® bags when not in use, especially during the nighttime hours while you are sleeping.

4. Complain If You Suspect Bed Bugs. Notify the property management if at anytime during your stay you see evidence of what you believe might be bed bugs or you begin to develop itchy welts on your body. Just because you see an insect or develop bite-like symptoms does not mean that bed bugs are present, but management should be aware of your concern so that the possibility of bed bugs may be investigated.

Returning Home

1. Bag and Seal Luggage Before Placing in Your Vehicle. Seal luggage in the heavy duty plastic bags that you packed in your vehicle before leaving on your trip. If bed bugs sneaked into in your luggage this step will keep them isolated until you can deal with the luggage and its contents effectively at home AND will prevent any bugs from leaving the luggage and infesting the vehicle.

2. Unpack Luggage Carefully & Methodically . Do not take your luggage inside your home. Unpack in an area that is well lit and away from furniture and sleeping areas (outdoors or in a garage). Unpack one suitcase at a time, separating items in the following manner (but first discard in an outdoor trash receptacle the plastic bag in which the luggage transported).

- Items that cannot be laundered that were sealed in Ziploc® bags throughout your stay can be removed from the bags and the bags immediately discarded in an outdoor trash receptacle.
- Clothing that can be hot laundered should be sealed in plastic garbage bags, or dissolvable laundry bags. When bagging the clothing it is a good idea to separate the clothing into single laundry loads.
- Clothing that requires dry cleaning should be placed in a plastic garbage bag, sealed and placed aside.

All bagged items should remain sealed in the bags until they can either be hot laundered, dry cleaned or dealt with using one of the heat methods discussed in the section below, "Treat Your Luggage and More."

3. Treat Your Luggage & More. Carefully inspect items that cannot be hot laundered or dry cleaned (luggage, shoes, electronics, etc.).

4. Launder Your Clothes. Clothing that has been separated into dissolvable bags can be placed directly into a washing machine and laundered according to manufacturer directions. Use the hottest possible wash cycle (water temperature of at least 140°), and then placed in the dryer on the hottest cycle possible for at least 30 minutes. Bagged clothing that cannot be hot laundered should be taken to the dry cleaners. Advise the cleaners that the items may have been exposed to bed bugs.

5. Inspect Your Bed in 7 and 14 Days. Your final defense in avoiding a bed bug infestation are the encasements you installed on your beds prior to travel. Inspect the encasements from time to time after returning from your trip. If any evidence of bed bugs is detected or you begin to experience itchy welts you should immediately call Thrasher Termite & Pest Control to investigate the possibility of bed bugs.



*Bed Bug Bites Typically Appear
in Sets of Three*

