



Bed Bugs New York State Integrated Pest Management Program

What travelers need to know about bed bugs

Bed bugs are found all over the world. They feed only on blood and leave itchy bites. Bed bugs hide in spaces as narrow as a credit card when not feeding. They aren't known to transmit disease—but you don't want to bring them home. Bed bugs can come home on personal items such as luggage. Know what to look for!

If you find evidence of bed bugs in a hotel room, talk to a manager; don't use chemicals.



Bed Bugs New York State Integrated Pest Management Program

What travelers need to know about bed bugs

Bed bugs are found all over the world. They feed only on blood and leave itchy bites. Bed bugs hide in spaces as narrow as a credit card when not feeding. They aren't known to transmit disease—but you don't want to bring them home. Bed bugs can come home on personal items such as luggage. Know what to look for!

If you find evidence of bed bugs in a hotel room, talk to a manager; don't use chemicals.



Bed Bugs New York State Integrated Pest Management Program

What travelers need to know about bed bugs

Bed bugs are found all over the world. They feed only on blood and leave itchy bites. Bed bugs hide in spaces as narrow as a credit card when not feeding. They aren't known to transmit disease—but you don't want to bring them home. Bed bugs can come home on personal items such as luggage. Know what to look for!

If you find evidence of bed bugs in a hotel room, talk to a manager; don't use chemicals.



Bed Bugs New York State Integrated Pest Management Program

What travelers need to know about bed bugs

Bed bugs are found all over the world. They feed only on blood and leave itchy bites. Bed bugs hide in spaces as narrow as a credit card when not feeding. They aren't known to transmit disease—but you don't want to bring them home. Bed bugs can come home on personal items such as luggage. Know what to look for!

If you find evidence of bed bugs in a hotel room, talk to a manager; don't use chemicals.

Protect yourself:

- When travelling, bring a small bright (LED) flashlight for inspections. See below for steps.
- Use luggage racks set away from the wall—never set luggage on the bed.
- Keep clothes and belongings in sealed plastic bags or hang them in the closet.
- At home, inspect and isolate luggage in clear plastic bags.
- Heat clothes, coats and shoes in a clothes dryer on high for 30 minutes to kill hitchhiking bugs.

Inspect your hotel room with a flashlight:**Look for bugs and blood spots:**

- First in corners, crevices, and folds of fabric in the bedding and mattress, including the bed skirt!
- Along the edge of the bare mattress.
- Between the mattress and box spring, bed and wall.
- Behind the headboard—lift it off the brackets.
- Around joints in bedside tables, including drawers.

More information at

www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/

Protect yourself:

- When travelling, bring a small bright (LED) flashlight for inspections. See below for steps.
- Use luggage racks set away from the wall—never set luggage on the bed.
- Keep clothes and belongings in sealed plastic bags or hang them in the closet.
- At home, inspect and isolate luggage in clear plastic bags.
- Heat clothes, coats and shoes in a clothes dryer on high for 30 minutes to kill hitchhiking bugs.

Inspect your hotel room with a flashlight:**Look for bugs and blood spots:**

- First in corners, crevices, and folds of fabric in the bedding and mattress, including the bed skirt!
- Along the edge of the bare mattress.
- Between the mattress and box spring, bed and wall.
- Behind the headboard—lift it off the brackets.
- Around joints in bedside tables, including drawers.

More information at

www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/

Protect yourself:

- When travelling, bring a small bright (LED) flashlight for inspections. See below for steps.
- Use luggage racks set away from the wall—never set luggage on the bed.
- Keep clothes and belongings in sealed plastic bags or hang them in the closet.
- At home, inspect and isolate luggage in clear plastic bags.
- Heat clothes, coats and shoes in a clothes dryer on high for 30 minutes to kill hitchhiking bugs.

Inspect your hotel room with a flashlight:**Look for bugs and blood spots:**

- First in corners, crevices, and folds of fabric in the bedding and mattress, including the bed skirt!
- Along the edge of the bare mattress.
- Between the mattress and box spring, bed and wall.
- Behind the headboard—lift it off the brackets.
- Around joints in bedside tables, including drawers.

More information at

www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/

Protect yourself:

- When travelling, bring a small bright (LED) flashlight for inspections. See below for steps.
- Use luggage racks set away from the wall—never set luggage on the bed.
- Keep clothes and belongings in sealed plastic bags or hang them in the closet.
- At home, inspect and isolate luggage in clear plastic bags.
- Heat clothes, coats and shoes in a clothes dryer on high for 30 minutes to kill hitchhiking bugs.

Inspect your hotel room with a flashlight:**Look for bugs and blood spots:**

- First in corners, crevices, and folds of fabric in the bedding and mattress, including the bed skirt!
- Along the edge of the bare mattress.
- Between the mattress and box spring, bed and wall.
- Behind the headboard—lift it off the brackets.
- Around joints in bedside tables, including drawers.

More information at

www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/