

BED BUG TRAVEL GUIDE

Make sure to follow these suggestions, to keep yourself bed bug free when traveling.

- BEFORE YOU LEAVE:** pack a flashlight
- BEFORE YOU LEAVE:** pack plastic bags or trash bags without holes
- When you first check into your hotel room, *before unpacking*, check the mattress, sheets, and headboard for bloodstains or feces. Pay special attention to the seam of the mattress.
- Keep your suitcase off the floor, such as on a luggage rack, and away from the walls.
- Upon returning home, immediately wash all clothes, shoes, and other washable items, including your luggage as possible, whether you've worn or used these items or not.

If you believe you see evidence of a bed bug infestation in your hotel room:

- Notify hotel staff immediately.
- If the hotel offers you another room, accept.
- Treat any bed bug bites with antihistamine (anti-itch) cream.
- BEFORE GOING HOME:** put all clothes, shoes, and other washable items in the bags you've brought. Seal them *tightly*.
- UPON RETURNING HOME:** take the clothes and other items out of the bags and wash them immediately. Do not lay unbagged clothes or other items on the floor, and do not shake them or jostle them unnecessarily after taking them out of the bags. After washing, put them immediately in a *hot* dryer.
- TWO WEEKS AFTER RETURNING HOME:** take your flashlight and check your bedroom the same way you checked your hotel room. If you find evidence of a bed bug infestation, contact Foster's Pest Control as soon as you can for a free inspection.

Have any questions? Feel free to contact us!

Foster's Pest Control

(434) 973-9244

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