

# 5 TIPS FOR AVOIDING BED BUGS

Sunshine. Good food. Bed bugs? These nighttime menaces are not the kind of travel buddy you want to pick up on your next excursion. Keep bed bugs from biting into your next vacation by following these five travel tips.



## 1. INSPECT YOUR ROOM

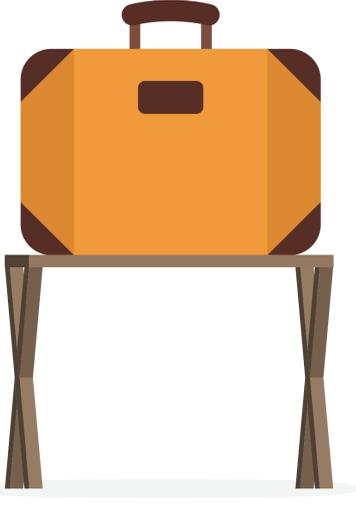
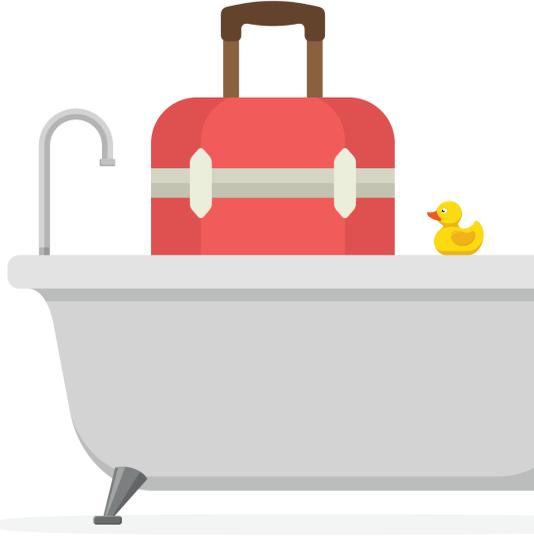
Traveling can be exhausting, but before you jump into bed after a long day, check your room for bed bug activity. These tiny pests can be found hiding in mattresses, box springs, headboards and even textured wallpapers. When inspecting your room, keep an eye out for these red flags that can indicate the presence of bed bugs.



- *Live or dead bed bugs:* Bed bugs are brownish-red in colour and are the size of an apple seed. They can grow to be about 5-7mm.
- *Bed bug shells/casings:* As bed bugs grow, they leave behind cast skins. These look like light beige, slightly translucent bed bugs.
- *Fecal smears:* Dark, ink-like stains are often left behind on the mattress and box spring, usually near seams.

## 2. PUT YOUR SUITCASE IN THE BATHTUB

Bed bugs are experts at hitchhiking and can hitch a ride in your belongings. To avoid bringing bed bugs along with you on your journey, put your suitcase inside the bathtub while you inspect the room and leave it there throughout the night. This will prevent bed bugs from scheming while you are dreaming and can help you avoid a pest-provoked headache in the long run.



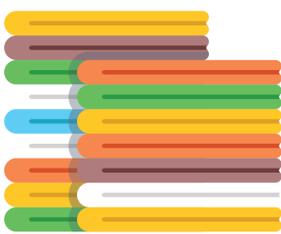
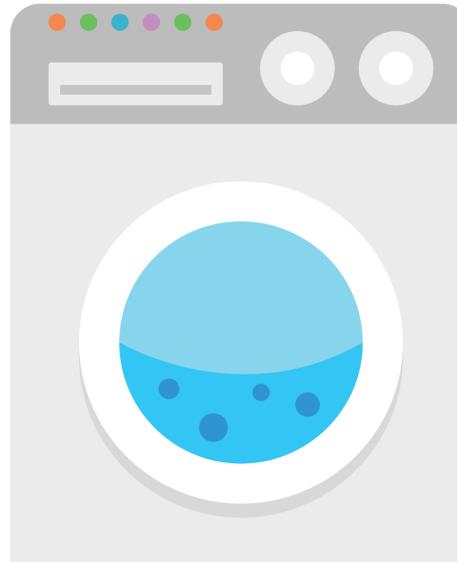
## 3. LIVE OUT OF YOUR SUITCASE

Closets and drawers can be the perfect hiding place for sneaky bed bugs. So, follow these rules of thumb during your next hotel stay:

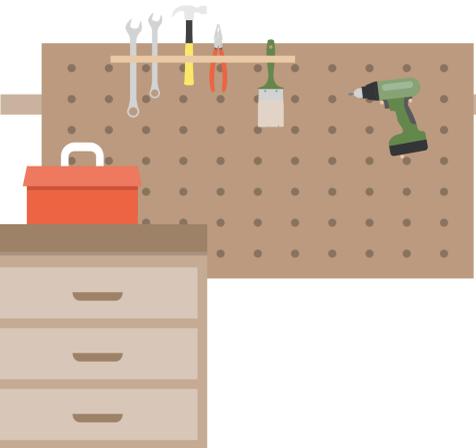
- Avoid placing clothes in closets or drawers
- Keep clothes inside your suitcase
- Place suitcases off of the floor on luggage racks if the bathtub is not an option

## 4. WASH AND FOLD AS SOON AS YOU RETURN HOME

Nothing brings you back to reality at the end of a vacation like doing laundry. While this chore may bring about the Monday blues, it prevents any stowaway bed bugs from making their way into your home. Be sure to set your dryer to the highest heat setting when drying your clothes.



Bed bugs do not tolerate high temperatures, so this will eradicate any bed bugs that might have slipped in with the rest of your belongings. Remember: the longer your clothes sit in the hamper, the longer bed bugs have to spread out and make themselves at home.



## 5. DON'T STORE YOUR SUITCASE IN THE BEDROOM

Store your empty suitcase in the garage or attic, where bed bugs are less likely to spread, as soon as you get home. If you happened to pick bed bugs up somewhere along your trip, you don't want them invading your bedroom.



If you are worried bed bugs hitchhiked into your home, call your local Orkin Canada branch right away for a thorough inspection.



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