

Bed Bugs

Tips for travelers



Bed bugs don't carry disease, but they can cause discomfort and can be difficult to control. The greatest risk of bringing an infestation home comes from leaving personal belongings close to beds, upholstered furniture, and luggage racks.

What to do

Before bringing your bags into the room:

- Use your phone's flashlight to check the corners of mattresses and box springs for signs of bed bugs. Gently remove bedding if necessary.
- Inspect luggage racks and upholstered furniture for signs of bed bugs.

During your stay:

- Keep dirty laundry away from beds and upholstered furniture – preferably in a plastic bag.

After returning home:

- Wash all clothing as soon as possible.
- Store your bags in a plastic bag or away from beds and upholstered furniture.

What to know

Signs of bed bugs:

- Bugs about the size, shape and color of an apple seed
- Reddish brown or black pepper-like stains
- A sweet, musty odor

Bed bugs don't discriminate

According to the U.S. Centers for Disease Control and Prevention (CDC), bed bugs have been found in five-star hotels and resorts. Their presence is not determined by the cleanliness of the living conditions where they are found.

For frequent travelers

Consider using climb-up traps and mattress encasements in your home. These products can help prevent bed bugs from hiding near beds and upholstered furniture.

For more information

- **CDC Bed Bugs FAQs**
<http://www.cdc.gov/parasites/bedbugs/faqs.html>
- **Let's Beat the Bed Bug! Travelers**
<http://www.bedbugs.umn.edu/travelers>



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