Connor'S
PEST PROTECTION

Inspecting your hotel room: When arriving in a hotel, be sure to inspect your room for signs of bed bugs. Bed bugs may hide in many places in a room, but there are four main areas you should pay special attention to when examining your hotel room. Place your suitcase and other belongings in the bathroom (not on the bed or chairs) and use a flashlight to check these four areas for bed bug activity.

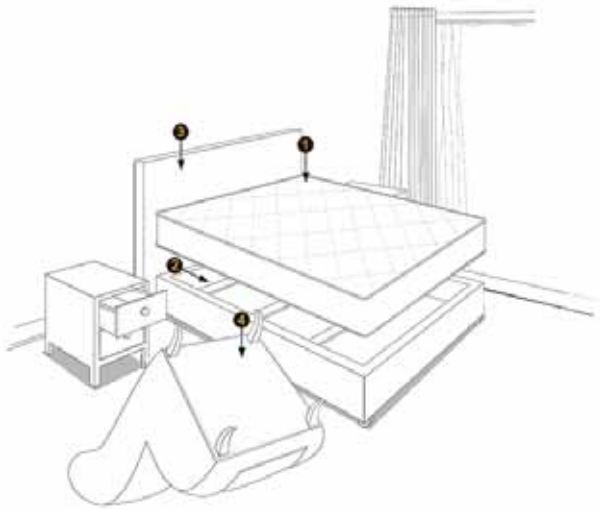
1. **Mattress:** Inspect the sheets and mattress (especially seams and crevices) carefully for signs of bed bugs. Look for black spots of excrement, brown or red spots or streaks from blood, parts of bed bugs or shed bed bug skins, and of course, actual bed bugs (alive or dead). Adult bed bugs are roughly the size and shape of an apple seed. Younger bed bugs are smaller and lighter in color, especially before they have eaten. Bed bug eggs are whitish and somewhat shiny, and resemble tiny grains of rice.

2. **Box Spring or Bed Frame:** Bed bugs are nocturnal and during the daytime they may hide further from the mattress. Be sure to check surfaces, edges, crevices and seams of the box spring, as well the edges and interior spaces of bed frames.

3. **Headboard:** Inspect the headboard very closely, even checking behind it if possible. Bed bugs often retreat to the headboard between blood meals because they are less likely to be disturbed there, unlike mattresses and box springs where there is more movement and changing of sheets. Also check night-stands, tables, or baseboards that may be directly next to the bed.

4. **Chairs/Furniture:** Bed bugs are hitchhikers and may be carried to other parts of the room, such as chairs or couches. Be sure to inspect these items for the same telltale signs of bed bug activity, or bed bugs themselves.

During your stay, keep your luggage and clothes zipped into bed bug-proof luggage encasements. Don't throw used clothes on the floor or bed, place them in sealed laundry bags to wash when you return home. Be sure to inspect your luggage when leaving the hotel room, and if you're especially concerned, you may wish to unpack in your garage or utility room.



Worried about an upcoming trip you have to make?
Go to BedBugsPlus.com for a bed bug Travel Protection Kit!