



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.



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www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/
More information at

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

Look for bugs and blood spots:

Inspect your hotel room with a flashlight:

- 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.

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