Bed Bugs

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.
Inspect your hotel room with a flashlight:

- High for 30 minutes to kill infesting bugs.
- Heat coils, beds, and chairs in a clothes dryer on high heat for 30 minutes.
- Soak rows and edges in a detergent solution.
- Keep clothing and belongings in sealed plastic bags.
- Inspectations: See below for steps.

When inspecting, bring a small bright LED flashlight for protection:

Look for bugs and blood spots:

- Around joints in baseboard, including drawers.
- Behind the headboard—kill off the cockroaches.
- Between the mattress and box spring bed and wall.
- Under the edge of the bed mattress.
- First in corners, crevices, and folds of fabric in the bed.

Protect Yourself:

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