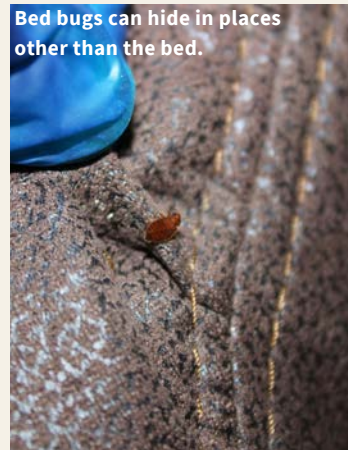
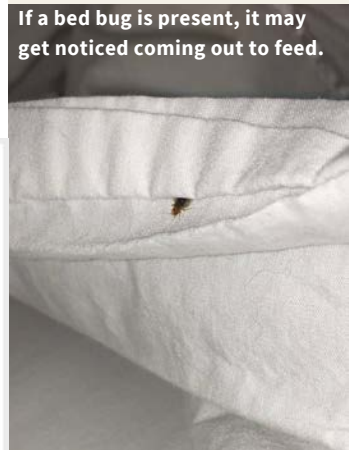


# Tips for travelers

## Upon arrival at the destination

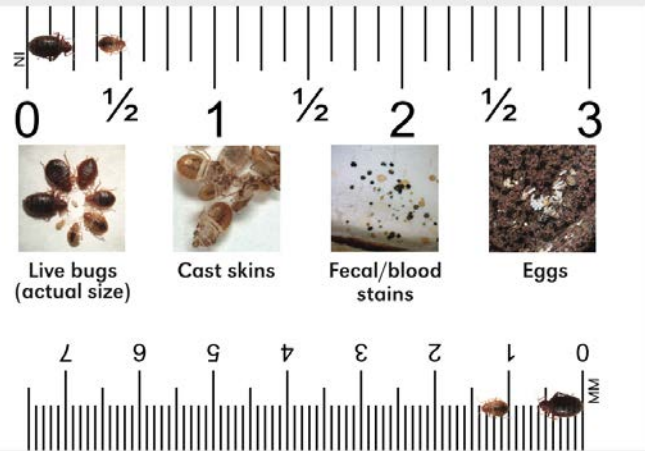
- Inspect hotel room for signs of bed bugs.
- Use a flashlight or mobile phone app.
- Pull back bedding from box spring and examine seams, corners, folds, tags, etc.
- Keep luggage on a hard surface, such as closet, desk, or in the bathroom.
- Bag and isolate dirty laundry because bed bugs are attracted to the human scent.
- If you find a bed bug, collect it, and report it to management.



## Preventing Bed Bug Infestations

Bed bugs are blood-feeding insects that secretly crawl into human belongings and hitchhike to different locations.

Bed bugs can be found anywhere people go and they do not discriminate. They can affect individuals, families, and communities regardless of cleanliness, ethnic group, race, age, or socioeconomic status.



## Returning home from a trip

- Unpack bags outside or in the garage.
- Take clothes directly to clothes dryer. Run on high heat for 20 to 30 minutes before putting in hamper to wash at a later time.
- Inspect items before bringing indoors.
- Keep outerwear, shoes, purses, and backpacks out of bedrooms.
- Vacuum or wipe down luggage before storing them in an area where nobody sleeps like garage, basement, or storage.

## Connect with the Urban Entomologists!

**Nebraska Extension in Lancaster County**  
 📍 444 Cherrycreck Rd., Ste A, Lincoln NE 68528  
 🌐 [lancaster.unl.edu](http://lancaster.unl.edu)  
 ☎️ (402) 441-7180  
 ✉️ [lancaster@unl.edu](mailto:lancaster@unl.edu)

**Nebraska Extension in Douglas-Sarpy Counties**  
 📍 8015 W. Center Rd Omaha NE 68124      📍 1102 E. 1st St., Ste 3 Papillion NE 68048  
 🌐 [extension.unl.edu/statewide/douglas-sarpy](http://extension.unl.edu/statewide/douglas-sarpy)  
 ☎️ (402) 444-7804  
 ✉️ [douglas-sarpy@unl.edu](mailto:douglas-sarpy@unl.edu)

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- Bed bugs feed while host is sleeping.
- Feeding usually takes 5 to 15 minutes.
- Bed bugs spend most of the time hidden: Resting, digesting, molting, mating, and multiplying.

## Bed bugs need you!

Bed bugs require a blood meal to survive, so after they are introduced into a new setting, they locate a host by detecting carbon dioxide.

They hide and thrive in settings where people commonly sleep such as houses, apartments, hotels, college dorms, senior living facilities, hostels, and shelters.

Know how to detect bed bugs while visiting others, traveling, or working. Bed bugs do not spread disease, but they are a public health concern, and a terrible inconvenience with regards to time and money.

Don't let them come home with you!

## BED BUG PROFILE



**Common name**  
Human bed bug

**Scientific name**  
*Cimex lectularius*

**Look-alikes**  
Bat bug, swallow bug

### Identification

- Wingless, reddish-brown, and oval-shaped
- Unfed bed bugs are flattened
- Engorged bed bugs are deep red, and elongated

### Size

- Eggs are 3/64-inch long, stuck to hidden surfaces
- Nymphs and adults are 1/16-inch to 1/4-inch long

### Habitat

- Cracks and crevices near host resting areas, including folds and seams of fabrics on bed, sofa, or recliner

### Signs

- Live or dead bugs, shed skins (exoskeletons), blood/fecal stains, eggs, and mysterious bites



Bed bug feeding on a finger



Engorged bed bug



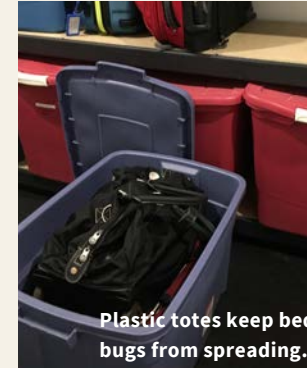
Fecal stains on a book kept close to the bed



Pass on these discarded mattresses.



Mattress encasements minimize hiding spots.



Plastic totes keep bed bugs from spreading.



Interceptors catch bed bugs using humans as a lure.

## Preventative actions

- Reduce clutter to minimize hiding spots.
- Regularly change, inspect, and launder bedding.
- Do not bring home used or free furniture.
- Use light-colored sheets or use mattress encasements for quick and easy detection.
- Vacuum and inspect upholstered furniture.
- Store items like bedding and luggage in plastic totes to isolate from bed bugs.
- Monitor for bed bugs using pitfall traps/interceptors under furniture legs.
- Communicate to friends and family members about bed bugs to avoid transferring them during visits, holiday travel, and vacations.