



## Avoid bed bugs

Upon entering a hotel room, place your luggage in the bathtub or on the toilet seat. Bed bugs can't crawl up these surfaces and attach to your bags. While in the room, keep luggage on the luggage rack, off the floor. Hard-sided luggage lacks the folds and creases of soft-sided bags making it more difficult for the pests to hide in your bags.

Since bed bugs are large enough to see, check the mattress and bed frame for any signs that the pests have been hiding there. Do you notice any tiny black spots? Spots and stains are good indicators of either a current or prior presence. Pull back sheets, inspect mattress seams and examine any other upholstered items in the room.

Bed bugs are drawn to wood—don't neglect the nightstand and dresser. If it appears as though the critters have invited themselves into your hotel room, ask the management for another room.

Before packing the car for the trip home, place luggage in large plastic bags and knot securely. Once home, immediately wash all clothing on the hottest temperature setting suggested by the care labels. Dry on high heat for at least 30 minutes. Avoid packing items that can only be laundered on a cold-water setting, suggest The Maids, a residential cleaning service.