



A Traveler's Guide to Bedbugs

Bedbugs are big travelers, too. They get carried along in luggage and clothing from hotel to hotel. Use this list to protect yourself from sharing a bed with bedbugs while you're on the road—and from carrying them back home with you.



Before You Go

- ❑ **Pack a flashlight and Pronto Plus.** The flashlight will help you look for bedbugs and Pronto Plus will kill them where they hide. Pronto!
- ❑ **Call to see if the hotel uses anti-bedbug mattress encasements.**
- ❑ **Check reviews of the hotel online or any bedbug reports.**
- ❑ **Pack your clothing in luggage liners for easy bedbug identification.** Also, pack electronics, toiletries and other non-clothing items in plastic bags that zip closed.

While You're There

- ❑ **Inspect your hotel room.** Leave your luggage at the door. Get out your flashlight and do a 5 to 10-minute room inspection. Baby bedbugs are light tan and the size of a poppy seed. The adults have rusty red oval bodies and are about the size of an apple seed. Here's where to check:
 - ❑ Mattress seams, tufts and zippers, bedding, pillow cases and upholstered furniture
 - ❑ Cracks in furniture
 - ❑ Baseboards of walls
 - ❑ Face plates of electrical outlets, plus around phones, clocks, smoke detectors
- ❑ **Look for telltale signs of bedbugs.** Look for small bloodstains, dark spots from their droppings, and eggs, as well as the actual bugs themselves.
- ❑ **Treat bedbug areas with Pronto Plus.** If you spot bedbugs or signs of them, spray the area with Pronto Plus. Spray from a distance of 8 to 10 inches and spray each square foot for 5 seconds or until damp. Allow to thoroughly dry before using the area.
- ❑ **Report a bedbug problem to hotel management.** See if they can place you in a room that doesn't have a history of bedbug problems and isn't right next door to a room with bedbugs. Ask about procedures they have for handling bedbugs.
- ❑ **Put your luggage on a luggage rack.** Keep your bags off the bed or upholstered furniture, where bedbugs like to hide out.
- ❑ **Inspect your luggage carefully, looking in the corners, pockets, and zippers before checking out.** You don't want to carry the little critters home. If you see any signs of them, spray your luggage with Pronto Plus.

Arriving Home

- ❑ **Inspect your luggage and clothing carefully.** Vacuum the inside of your suitcases, and spray again with Pronto Plus as a precaution.
- ❑ **Wash your clothes or send them off to the dry cleaner's when you return home.** When you get back from your trip, wash what clothes you can on a hot-water setting, and dry on high. Take clothes that can't be washed in hot water to a dry cleaner.



Don't leave home without Pronto Plus 3 oz. Travel Size!
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