

## TRAVELERS GUIDE TO

# BED BUGS



Reports of bed bug infestations in New York and other cities have put travelers on alert.

For now, bed bugs have not been a major concern in the Dallas-Fort Worth area, but this doesn't mean they can be ignored.

Please use this guide to help prevent bed bugs from biting during your stay in North Texas!

*Inside this guide, you'll learn ...*

**How to check for bed bugs in your room**

**2**

**The life cycle of bed bugs explained**

**3**

**What to do if you bring bed bugs home**

**4**

# How to inspect your hotel room

Bed bugs hide in and around beds where they have access to people – their source for food. They are elusive because they are small enough to hide in the crevices of mattresses and box springs, near baseboards and in nearby bedroom furniture, making detection difficult. Belongings should be kept away from the area around the bed and off the floor until a thorough check can be conducted. Notify hotel management if you have any concerns.

*Bed sheets and pillows should be pulled back and checked for signs of bed bugs or blood stains.*

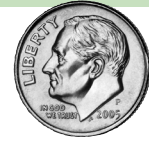


*Inspect the mattress, box spring and headboard for any eggs, bed bugs or blood stains.*

*Check the furniture and baseboards around the bed for any signs of bed bugs.*


*Avoid putting belongings in drawers until checking for bed bug damage.*


*Don't forget! Luggage racks and the closet should also be inspected.*





**Size:** Bed bugs are reddish-brown in color and about the size of an apple seed. Here an adult bed bug is shown at its actual size in comparison to a dime.


## The life cycle of the bed bug


 **Egg:** Adult females lay up to five eggs a day continuously. The eggs, which have a sticky outer coat, hatch in about 4 to 12 days.

 **First stage larva:** During the first stage of its life, the bed bug must feed on a blood meal before it can shed its outer layer and grow to the second stage.

 **Second stage larva:** Takes a blood meal, then molts. It takes 10 to 15 minutes for a bed bug to take a full blood meal.

 **Third stage larva:** Takes a blood meal, then molts again. Younger bed bugs need to feed weekly.

 **Fourth and fifth stage larva:** Takes a blood meal, then molts again. The feed-and-shed process repeats until the bed bug reaches adult stage.

 **Adult stage:** Take repeated blood meals over several weeks. Adult bed bugs can become dormant and survive for several months to a year without feeding.

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## What to do if you bring bed bugs home

1.) Luggage and other travel items should be kept from inside the home and wrapped tight in plastic bags until they can be thoroughly checked for bed bugs.

2.) Clothing and bedding should be washed in the highest temperature allowable that won't damage the fabric.

3.) Vacuum, clear clutter and clean to prevent an infestation. Use a steam cleaner on the carpet if possible.

4.) Consulting with a pest control provider is recommended.

**REMEMBER:** It is often unnecessary to dispose of household items infested with bed bugs. Many things can be treated or encased.

Contact the Environmental Health Division at DCHHS for more information about bed bugs.



**DCHHS**  
*Safe families, healthy lives.*

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