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Christine Busacca  
Director, Strategic Communications  
Office: (609)799-1300 ext. 3059  
[Christine.Busacca@bedbugcentral.com](mailto:Christine.Busacca@bedbugcentral.com)

## **Bed Bug Expert Offers Video Tips on Traveling Bed Bug Free During the Spring Travel Season**

*BedBug Central Offers Advice on how to Remain Bed Bug Free when Traveling Internationally or Domestically During the Spring Season*

Lawrenceville, N.J. ó As the spring season quickly approaches domestic and international travel are on the increase. During this peak travel period, it is essential for travelers to be aware that their trip could involve pesky hitchhikers: bed bugs.

[BedBug Central](#), a free educational resource about bed bugs, is offering tips to help the public stay bed bug free as they travel for business or pleasure during this spring season.

According to noted research entomologist and national bed bug expert, [Jeffrey White](#) of BedBug Central, the risk of exposure to bed bugs will rise during the travel season.

“Some groups are reporting that the bed bug resurgence is slowing. This idea is providing many with a false sense of security that they can let their guard down and don’t have to be aware of bed bugs signs and symptoms,” said Jeffrey White Technical Director and Research Entomologist at BedBug Central. “Although it is uncommon in most mid-level and up hotels, bed bugs are still being found in the hospitality sector across the country and as the seasons change and travel increases, being proactive is essential.”

To help travelers avoid the pricey cost and frustration associated with bed bug infestations, White advises that there are a variety of proactive tips people can use to help prevent or treat exposure to bed bugs.

“Bed bugs have proven to be a persistent and complicated pest to treat once they have infested a home,” said White. “Fortunately there are very simple and affordable precautions people can take that will greatly reduce their risk of exposure during travel.”

[Click here](#) to view a video that highlights tips to traveling bed bug free.

### **7 simple tips to stay bed bug free this travel season:**

***Before Departure:*** Steps to follow before leaving.

**Encase mattresses and box-springs before leaving**—This proactive step will prevent bed bugs from getting inside your mattresses and box springs and will aid in the early



detection if you accidentally bring bed bugs into your home. Be sure the [encasements are bed bug-proof](#). When you return home, you will want to periodically inspect these encasements.

***Destination Arrival:*** Ensuring a bed bug free visit.

**Keep your distance**—Physical barriers are a great deterrent against bed bugs. When you arrive at a hotel keep your luggage closed and away from bed bug prone areas such as the bed, closets, nightstands and furniture. Most hotel rooms have luggage racks, so use them.

**Conduct a basic visual inspection of the hotel bed**—Well-established bed bug infestations may be detected by pulling back the bed linens and checking the visible edges of the mattress and box spring. You are looking for evidence of live bugs, dark brownish to black spots/stains or shed skins from bed bugs. This is a very simple but important step.

***Returning Home:*** The final step in bed bug prevention.

**Head straight for the laundry room**—When you arrive home, it is advised that clothing be immediately hot laundered or heat-dried when possible. Sustained temperature of 120 degrees or higher will kill all life stages of bed bugs. For people that need to carry luggage through their home to get to the laundry room, [dissolvable laundry bags is a safe transportation solution](#) and can prevent bed bugs from dropping off throughout the house. More frequent travelers may consider [portable heating units](#) that heat treat entire luggage cases.

**Leave it to a pro**— Bed bugs are a complex pest and self-treating often leads to complicating and even spreading an infestation. This will add a hefty price tag to what may have been a small job. If you think you have bed bugs, contact a pest management firm that is trained in bed bug treatment.

**Get educated**—The best tip for traveling bed bug free is self-education. These basic tips are a great starting point, but they are not comprehensive. Cooper has worked with other entomologists to create an online resource known as [BedBug Central](#). For more travel tips and bed bug information, visit [this link](#). This website provides the public with bed bug biology facts, in depth methods for prevention, treatment options and more.

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### **About BedBug Central**

BedBug Central serves as an authoritative information resource and website available to the public for information concerning bed bugs and bed bug related issues concerning health,



The **Authoritative** Source for Information

prevention, and treatment methods. More information can be obtained at [www.bedbugcentral.com](http://www.bedbugcentral.com).