## TRAVELING TIPS

➢ Inspect your hotel/motel room on arrival.

➢ Place your luggage on a hard surface like a table. Do not place your luggage on any soft surface like a bed or couch.

➢ Seal all items in plastic bags.

➢ Check your luggage before you leave the hotel and motel so that you don't take home bed bugs.

➢ Unpack your luggage directly into a washer/dryer when you get home.

DON'T LET BED BUGS CONTROL YOUR LIFE
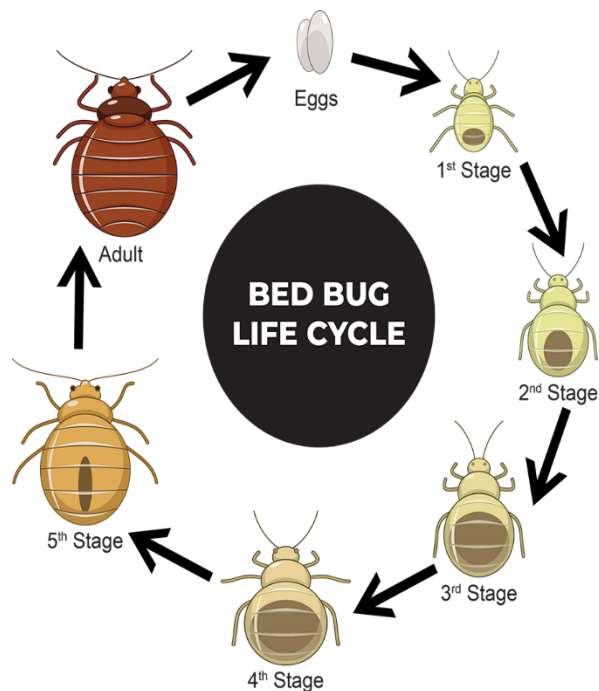
Web Resources

❖ Bed Bugs: Get Them Out and Keep Them Out

❖ Keeping Bed Bugs out of Montana Hotels

BED BUGS

Contact

1400 Broadway, Helena MT 59620-2951

406 444-5302

Elvis.Tanyi-Arrey@mt.gov

ehfs.mt.gov

MONTANA
DPHHS

DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

BED BUG
LIFE CYCLE

Eggs

1st Stage

2nd Stage

3rd Stage

4th Stage

5th Stage

Adult

WHAT ARE BED BUGS

Bed bugs are insects that feed on blood. They are active mainly during the night, targeting humans who are asleep or inactive. They can be found everywhere people live, including private homes, apartments, motels/hotels, and other public lodgings where people have resided.

BITES AND DISEASE

Bed bug bites are not typically dangerous. But seek medical attention if you are having a reaction.

Treatment of bed bugs

Do not attempt to treat bed bug infestation. Call a professional.

WHO IS AT RISK OF GETTING BED BUGS?

Everyone is vulnerable to a bed bug infestation. However, the risk increases for those who travel and stay in lodgings where others have slept.

SIGNS OF BED BUGS
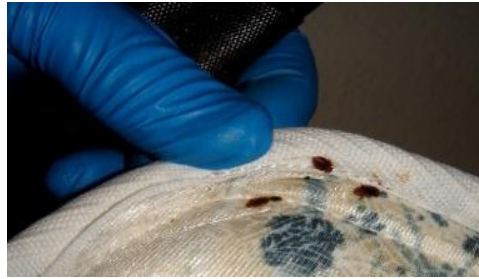
Remember that it's never your fault when it comes to bed bugs. They don't discriminate.

BED BUGS BITES

. . . .

TICK	BED BUG	FLEA	ANT

Where do Bed Bugs Hide?

DAY-TO-DAY PREVENTION

Bed bugs are very opportunistic and can hitchhike on anything you take home. To keep them away, you should:

- Regularly check your mattress
- Place your bed a few inches away from the wall.
- Interceptor monitors can be placed under furniture legs to catch bed bugs as they try to climb your furniture.
- Reduce clutter, which provides a hiding place for bed bugs.

Notify your landlord if you find bed bugs in your home.

Don't salvage second-hand furniture unless you have thoroughly inspected it.