Travelling and Bed Bugs

When you stay at hotels, or are visiting friends and family, it is prudent to be aware that bed bugs may be in these sleeping areas. Hotels unavoidably are a place where bed bugs can be found. Other travelers could have inadvertently brought bed bugs to the hotel, and the bed bugs decided to stay for a while. The class of hotel does not really matter — even the upper end hotels receive the unwanted guest, and must have their pest control company exterminate the bed bugs. When registering at a hotel, you can always ask the reception person if they have had bed bugs in their hotel, and specifically in the room you are staying. Just because there were bed bugs in the past, does not mean there are bed bugs in a thoroughly treated room. (It is just nice to know)

The above diagram shows the most likely area in a room where bed bugs may harbor. Check these locations in your hotel room:

- Behind or around headboards
- Seams of mattress or box spring
- Adjacent tables
- Table top light fixtures
- Wall hangings
The above diagram shows the percentage of time that bed bugs are found in various locations. Unfortunately, there is no certain strategy to avoid coming into contact with bed bugs, but being aware of your environment can help a lot. Insects in your hotel room should be immediately brought to the attention of the proprietor, and if they are bed bugs, the hotel staff usually will help you relocate to a bed bug free room.