

TIPS FOR TRAVELERS

LET'S FIGHT BEDBUGS

BEFORE LEAVING, DON'T FORGET TO BRING THE FOLLOWING:

- Dryer-safe clothes, if possible.
- Plastic bags that you can use for storing clothes after you wear them or any items removed from your suitcase.

DURING YOUR STAY

- Do not leave anything on the floor or bed.
- Put your suitcase or bags on the luggage rack or in the bathroom.
- Keep your suitcase or bags closed.
- Check the mattress, headboard and furniture near the bed for bedbugs. Small black stains are signs of their presence.
- Keep your clothes in your suitcase, or hang them in the closet.
- Do not put your clothes or personal items in the drawers.
- Put clothes that have been worn in a sealed plastic bag.

If your room is infested with bedbugs, ask to be moved to another room. Examine your new room for bedbugs and follow the tips above.

WHEN YOU RETURN

If you notice bites on your skin, or if you think that you may be carrying bedbugs in your suitcase:

- Leave your suitcase and bags outside, or put them in a large, sealed plastic bag until you can examine them closely and clean them thoroughly.
- Put your clothes in a sealed plastic bag before bringing them into the house.
- Empty the plastic bag directly into the dryer. Run the dryer at the hottest setting for at least 30 minutes. Throw the empty bag into a waste container, outdoors.
- Clean your suitcase thoroughly using a vacuum cleaner and brush.
- Throw the vacuum cleaner bag into a waste container, outdoors. If you use a bagless vacuum cleaner, empty the dust receptacle outside according to the manufacturer's instructions.

For more information : avoidbedbugs.info

© Ville de Montréal et Agence de la santé et des services sociaux de Montréal, 2014

