



## **4 Places Bedbugs Hide -- and How to Avoid Them**

**IN HOTEL ROOMS...***How to avoid the suckers:* If you are traveling, thoroughly inspect the entire hotel room before unpacking, including pulling back the sheets, inspecting mattress seams, checking behind the headboard and examining sofas and chairs. If any pests -- or potential evidence of pests -- are spotted, change rooms or hotels, pronto. If you do change rooms, DO not move to an adjacent room or one directly above or below the infestation. Bedbugs are hitchhikers and can move via housekeeping carts, luggage carts, luggage and even through wall sockets

**IN DRESSING ROOMS...***How to avoid the suckers:* Bedbugs have proven to have fabulous fashion sense -- recently, they've been found in several popular retail stores. When trying on potential new items, be sure to hang your clothing on hooks rather than lay them then across the cushioned seats in the dressing room or on the carpeted floors.

As much as you want to wear that adorable new top immediately, resist the urge and wash or dry clean it first (bedbugs can't withstand temperatures higher than 113 degrees). This minimizes the potential that you'll bring a bedbug home with you.

**ON CRAIGSLIST...***How to avoid the suckers:* Do not buy used furniture, especially bedding or upholstered items. If you absolutely MUST have a vintage something or other in your home, find a bug expert who can inspect it for bedbugs or eggs.

**AT THE OFFICE...***How to avoid the suckers:* Several prominent New York City offices have been shut down in recent weeks thanks to bedbug infestations. To keep your workspace pest-free, keep clutter to a minimum, vacuum frequently (keep a hand-vac in your cube, if possible) and inspect any packages or deliveries that come your way.