

Appendix 5

TRAVEL PREVENTION

HOW TO PROTECT YOURSELF WHEN TRAVELING IN A HOTEL ROOM

1. PROCEDURE WHEN ARRIVING AT THE ROOM
 - Room control, focusing on mattresses, sheets, and furniture.
 - How to check? Lift the mattress, pull out the drawers, look under the sheets, check the corners of the bedside table.
 - What to look for? Small black dots (droppings) and small white dots (eggs) stuck to the mattress, sheets, furniture, ochre transparent parts of the bodies (bedbug strips), live or dead bedbugs.
2. DO NOT PLACE YOUR LUGGAGE ON THE FLOOR – keep your luggage away from the bed and preferably on a chair throughout your stay.
3. EFFECTIVE PROTECTION – application of repellent on the suitcase or on the legs of the bed or on the mattress.
4. CHECK THE ROOM DURING YOUR STAY – bites may not appear on the body immediately, it is advisable to check yourself.

WHAT TO DO AFTER RETURNING HOME / TO THE DORMITORY

- Put your luggage in the bathtub or on the terrace. Take things out in these places.
- After taking things out, it is recommended to wash them immediately, everything at a minimum of 60 °C (all stages will be killed by a temperature from 45 °C).
- Freeze the luggage itself (all stages will be killed by a temperature of -18°C for 24 hours) or wash it.
- Put everything that cannot be washed (cosmetic bag, shoes, pillow) in the freezer as long as you can but 1 day should be enough.
- Do not forget that bedbugs can also crawl into electronics, they are attracted by heat, in this case it is recommended to inspect the electronics, knock them out and if there is any sign of the presence of bedbugs, vacuum them thoroughly and then freeze or throw away the contents of the vacuum cleaner bag.