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For Immediate Release:

**Bed Bug Prevention Company Offers Advice on Keeping the Bed Bugs Away This Holiday Season**  
*USBedBugs.com™ offers Five Simple Tips for Avoiding Bed Bugs while Traveling*

**Northbrook, IL (December 2, 2010)** - The holidays are upon us and many of us will be heading all across the US to visit family and friends. In this joyous time of giving and receiving, holiday fare, gifts and hugs, we now have the dreadful bed bug putting a damper on our holiday endeavors. Bah-HumBug!!! The United States is experiencing an alarming resurgence in these annoying blood suckers, unfortunately, just in time for the holidays. Just because, these hitchhikers are prevalent, doesn't mean you have to take them home with you.

“Travelers should not be canceling holiday trips because of the fear of bringing bed bugs home,” said Adam Greenberg, President of USBedBugs.com™. “It’s true that bed bugs are a rapidly spreading epidemic, however, by knowing what to look for and taking a few simple precautions when you travel, you can significantly reduce the probability of bringing home these pesky little creatures.”

USBedBugs.com offers a wide selection of pesticide-free products to provide peace of mind to those trying to avoid being bitten by bed bugs and to those attempting to protect themselves from bringing them home.

Here are five simple tips to help you travel without fear of bringing bed bugs home:

- 1. Do Your Research** - Before you book a reservation in any hotel, check to see if the property has any reported bed bug complaints. USBedBug.com™ recommends checking [TripAdvisor](#) as well as

[www.BedBugRegistry.com](http://www.BedBugRegistry.com) online for recent complaints. Greenberg recommends travelers also study up on the bed bug basics online at [www.Bedbugger.com](http://www.Bedbugger.com).

2. **Inspect the Room** - Before you even bring your personal belongings into the room, inspect it for any signs of bed bugs. Using a flashlight, begin by inspecting the bed and its surroundings. Check the sheets, mattress, box spring and headboard. Don't forget to also check walls and any furniture close to the bed. You'll be looking for black spots (fecal matter), live bed bugs, their eggs, skins and blood spots. If you suspect that you may have found any remnants of bed bugs, contact the front desk and request to be moved to another room. "I always lift the headboard off the wall and shine a flashlight behind it looking for black spots in or around the cracks or screw holes," said Greenberg.
3. **Zip Up Your Luggage and Belongings** - "Just because you don't see bed bugs, doesn't mean they aren't there," said Greenberg. "Bed bugs stay very well hidden by nature so don't let your guard down even if the room looks spotless." All items need to be protected in plastic bags at all times when not in use. USBedBugs.com recommends bringing a [BugZip® luggage encasement](#) for every suitcase to keep bed bugs from crawling into your bags and coming home with you. Don't leave shoes, computers or souvenirs out in the open as bed bugs love to crawl into tiny cracks and crevices.
4. **Never Bring Luggage Inside the Home** - Even though you may have bagged your suitcases while in the hotel room, there is still a small chance bed bugs could have crawled in while on the airplane or taxi. Find a place in the garage or as far away from the bedroom as possible to keep your suitcases. "Many people bring their suitcase right into their bedroom to unpack which just gives the bed bugs a free ride to their next meal...you," said Greenberg.
5. **Wash & Dry Everything** - Upon arriving home, empty your suitcases in your garage and any clothing should go right into the washing machine. Non-washable items should go right into the dryer for 10 to

15 minutes. If you need to bring clothes inside in advance of washing, use [dissolvable laundry bags](#) to prevent contaminating your laundry room with bed bugs.

Traveling without fear of bringing bed bugs home can be easily accomplished if you follow these basic precautions. “Basically, all you need is a computer, a flashlight, zip bags and a dryer,” said Greenberg. “There’s no need to cancel travel plans or spray chemical pesticides to keep bed bugs out of your home.”

### **About USBedBugs.com**

At USBedBugs.com, our mission is to improve the quality of life for those dealing with bed bugs and to prevent further spread of bed bugs throughout the United States while minimizing the use of harmful pesticides.

Founded in 2006, USBedBugs.com is a division of NorthShore Care Supply, an online medical supply retailer. Beginning with selling mattress encasements, the company received numerous inquiries from people desperately looking for other products to detect and prevent bed bugs. As the bed bug infestation in the U.S. has grown rapidly, USBedBugs.com has become a leader in products that help people dealing with bed bugs in homes, hotels, apartment buildings, colleges and any facility where people sleep. The USBedBugs.com website is now a fast growing marketplace of pesticide-free bed bug prevention and protection products. For more information visit <http://www.usbedbugs.com>.

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