

FREE: Bed Bug Prevention Guide

18 essential tips to avoid bed bug infestations

Travel Protection

1. Inspect hotel mattress seams before unpacking
2. Keep luggage on hard surfaces, not beds or carpet
3. Use hard-shell suitcases when possible
4. Wash all clothes in hot water immediately after travel
5. Vacuum suitcases before storing

Home Inspection

6. Check secondhand furniture before bringing inside
7. Inspect used clothing from thrift stores
8. Examine library books and rentals
9. Look for rust-colored spots on mattresses monthly

Protective Measures

10. Use mattress and box spring encasements
11. Install bed bug interceptors under bed legs
12. Keep bed away from walls and furniture
13. Reduce clutter to eliminate hiding spots

Laundry Practices

14. Wash bedding weekly in hot water (130°F)
15. Dry items on high heat for 30+ minutes
16. Store clean clothes in sealed bags if infested

Early Detection

17. Learn to identify bed bug signs
18. Act quickly at first sign of bites



Need Professional Help? Call Romex Pest Control today!

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