

## If You Enter Places That Might Have Bed Bugs

Many people will enter places they suspect may have bed bugs. Home health workers, maintenance and cleaning personnel, persons making deliveries and installations, travelers staying at hotels, and pest control personnel must enter structures that are potentially bed bug infested. By following the suggestions below, they can reduce their risk of picking up and transporting bed bugs to their homes and workplaces.

### GUIDELINES

- Minimize the number and type of items you bring into a place suspected of having bed bugs.
- If you bring items in, seal them in a garbage bag or plastic bin when not in use. If you use disposable bags, discard them before you return to your vehicle. Keep belongings sealed in containers inside your vehicle.
- If you bring items in, do not place them on beds, couches or chairs. In hotels, luggage can be placed on racks or even in the bathtub to help keep bed bugs from accessing them. Do not store clothing in dressers unless the clothing is sealed in plastic bags or containers.
- As much as possible, avoid contact with beds, couches and chairs. If you're required to sit, you may want to bring a simple stool to sit on.
- You may want to use disposable shoe covers to minimize the chance of picking up and transporting bed bugs and their eggs on your shoes. Remember to discard the shoe covers as you leave.
- Upon entering a hotel room, pull the bed's headboard off the wall (it usually slides up off of brackets on the wall) and examine it for the presence of bed bugs. You also may want to inspect the bed and bedding, bed skirts and nightstands.
- Learn how to recognize bed bugs and if you find them, collect one or two for identification and notify the client and/or building/hotel manager immediately. If you're staying at a hotel, remove yourself and your belongings immediately and ask for a different room.
- Do a self-check as you leave, checking yourself and your clothes for bed bugs.
- When you return home, wash your clothes or put them directly into a dryer on the hot setting for at least 20 minutes.
- If bite marks you suspect were caused by bed bugs develop after you leave, notify the client and/or building/hotel manager. Persons wishing to report infested premises should contact the city in which the structure lies. If the structure is outside city limits, contact the county health department if you wish to file a report. Note that reporting bed bug infestations is not required by current regulations.