

Bed Bugs

Tips for Traveling

Preparing for Travel:

- If possible, use hard shelled luggage for traveling, which is less bed bug friendly than fabric luggage.
- Place shoes, electronics, books, jewelry, and toiletries in sealable plastic bags. Keep these items sealed when not in use, especially during the nighttime hours.
- Pack large, sealable bags for storing worn clothes and anything purchased during the trip.
- Pack heavy duty plastic bags, large enough for over luggage, for the commute back home. Zippered luggage encasements can also be purchased for use at the hotel or while in transit.



At the Hotel:

- Inspect the hotel room before bringing in luggage.
 - Look for bed bugs and evidence of bed bugs, such as: fecal spotting (dark brown or black spots/stains), shed skins, or eggs.
 - Use a flashlight to inspect dark areas such as the closet, on drapery, the edges of the headboard, and in crevices of furniture.
 - Turn back the comforter, sheets, and mattress pad.
 - Check carefully along the visible edges of the mattress, under the mattress tag, and the edges and seams of the box spring.



- If evidence of bed bugs is found, immediately notify management and request a room change. If possible, request a different wing or floor. Thoroughly inspect the new room.
- Keep luggage closed and away from bed bug prone areas such as beds, upholstered furniture, or in the closet. Do not place luggage on the bed or on carpeted floors. Store luggage on the luggage rack or on the bathroom floor.
- Store worn clothes in sealable bags. Presort if possible.
- During your stay, if live bed bugs are found or if unexplained welts are identified, notify management. Request a new room.
- Before packing to leave the hotel, inspect luggage for bed bugs. Place everything in plastic bags.

If you have any questions or concerns regarding bed bugs please contact the Toledo-Lucas County Health Department Environmental Health Division at 419-213-4100 ext. 3



MAIN OFFICE
635 North Erie Street
Toledo, Ohio 43604
419.213.4100

WESTERN CLINIC SITE
330 Oak Terrace Blvd.
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Returning Home:

- Keep luggage in heavy duty plastic bags or luggage encasements while commuting home.
- When returning home, leave the luggage in the garage or outside, if possible.
- If luggage must be brought inside, unpack the luggage in an area that is well lit and away from any furniture and sleeping areas. Take the bag that the luggage was removed from and discard it in an outside trash receptacle as soon as possible.
- Items that will not be immediately laundered should be kept in the presorted sealed bags.
- Heat kills bed bugs. Wash clothes at the hottest recommended setting. Tumble dry the clothes on high heat for 30 minutes (120°F or above).
- Items or clothes that cannot be washed should be tumbled dried on high heat for 30 minutes.
- Items that cannot be laundered, but have been kept sealed in plastic bags throughout the trip, can be removed from the bags and inspected for signs of bed bugs. Discard plastic bags in an outdoor trash receptacle.



Vehicle Inspection:

- Upon returning home and removing your luggage, thoroughly inspect the trunk of your vehicle. Check in seams and small crevices for bed bugs or bed bug eggs.
 - Check the floorboards and under the seats for any evidence of bed bugs.
 - If possible, remove and wash seat covers on the highest recommended setting. Tumble dry on high heat for 30 minutes (120°F or above).
 - Vacuum your entire vehicle and dispose of contents in an outside trash receptacle.
 - Keep your vehicle clutter free to prevent hiding places for bed bugs.



Note: These guidelines include recommendations of the Central Ohio Bed Bug Task Force, Cuyahoga County Bed Bug Task Force, and Bed Bug Central.

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