

Bed Bugs- Tips for All Staff

Bed bug infestations are not always apparent so all staff should review and follow the guidelines below in order to minimize the potential for transporting bed bugs.

Bed Bug Prevention Kits to be kept in vehicles:

- Large plastic storage bin with cover
- Disposable shoe covers (paper booties)
- Blue pads to stand on
- Spray bottles filled with rubbing alcohol
- Clear sealable plastic bags and/or large disposable trash bags to dispose of booties and blue pads

Before you enter a home:

- Wear clothes and shoes of simple design, to provide fewer hiding places for bed bugs
- Avoid wearing clothes that need to be dry-cleaned
- Wearing light colored clothing makes it easier to see bed bugs on your clothes
- If wearing scarves, hats, gloves, coats, etc., leave them in the car
- Secure personal belongings such as purses in the car rather than take them into a home
- Put shoes covers on and grab a blue pad

In the Home:

- Bring as few items as possible into the home
- If possible, use a plastic tote to carry work items (paper, pens, computer, etc.) and return items immediately to the tote rather than setting them down in the home
- If a client asks you to take off your shoes, you can wear light colored socks and/or shoe covers (paper booties)
- Use a protective barrier to stand on (blue pad)
 - ***** Communication Tip-** Explain to individuals that shoe covers and blue pads are a means to protect their environment
- Work in well-lit areas such as a kitchen, and avoid “hotspots” such as bedrooms and living rooms
- Avoid sitting down on beds or upholstered furniture
- Avoid clutter in the home, such as clothing on the floor
- When sitting, plastic or wooden chairs are preferred
- Do not set any personal items on the floor
- If in a home with a known infestation, inspect yourself and items for bed bugs before you leave

If you detect bed bugs in the home:

- Ask the family or individual if they are aware of a bed bug problem in the home
- If a rental, help them report the infestation to the owner/manger
- Provide information or refer them to reliable sources of information about bed bugs

After You Leave (whether or not bed bugs were seen):

- Carefully, inspect your clothes, shoes, and other items before you enter your vehicle

- If staff prefer to take additional precautionary measures, they may spray rubbing alcohol on clothes, shoes, and other items
 - *****Rubbing alcohol is used only as a contact killer, not as a preventative measure. Staff are advised to be cautious as it is flammable and should be used outdoors away from heat, open flame and sources of ignition.**
- If a blue pad and shoe covers were used, seal in a plastic bag or trash bag for disposal
- Take shoes off, inspect them inside and out
- Stamp your feet and shake your pant legs

When you get home:

- Do not bring work items into your home or workplace until carefully inspected
- If in a home with a known bed bug infestation, remove clothing in a garage or on a non-carpeted floor, launder and dry clothes immediately, or seal them in a plastic bag until you can
- If in a home with a known bed bug infestation, you may choose to spray rubbing alcohol on clothes, shoes, and other items to kill on contact
- Coats and other items can be dried on moderate to high heat for 20-30 minutes

Protect your vehicle:

- Vacuum regularly and avoid clutter in the vehicle
- Keep home visit equipment in large plastic storage bin
- Inspect yourself and belongings before entering car

The key to not bringing bed bugs home with you is **protection**. Supplies indicated in this tip sheet, will be provided by CSTS. Talk to your supervisor or site liaison if you have questions or are not sure where the supplies are kept.

(These recommendations are based on information from the www.cdc.gov, www.michigan.gov/mdch, and the Ohio Department of Health).