

# Infection Prevention Quick Guide: Bed Bugs

Bed bugs are small insects that feed on the blood of people and animals while they sleep. Bed bugs are not known to spread disease, but may cause itching, which can lead to skin infection.

Point your phone's camera at the QR code for frequently asked questions about bed bugs (CDC).



## Infection Prevention Checklist



1. Upon discovering bed bugs in a resident's room:
  - a. Keep calm and help others remain calm as well.
  - b. Place bugs in a sealed container so that they can be identified appropriately.
  - c. Immediately notify a designated authority for the facility (e.g., Facilities Management).
  - d. Care for the resident with Standard Precautions.
    - Examine resident for evidence of bites.
  - e. Bathe or shower the resident, change their clothes, and transfer them to another room.
    - Place the resident's clothing and personal belonging in a sealed plastic bag.
  - f. Carefully remove bed linens, tightly seal them, and wash and dry them on the hot setting for at least 20 minutes.
  - g. Resident belongings, equipment, and furnishings should stay in the original room until they are found to be bed bug free.
  - h. If there is a concern that bedbugs may be in the resident's prior home environment, ask family members/visitors to avoid bringing in clothing or personal items from home.
  - i. Contact your local health department (<https://www.vdh.virginia.gov/local-health-districts/>) if an outbreak is suspected or additional resources are needed.
2. **Environmental Cleaning and Disinfection:**
  - a. An experienced pest management professional should be brought in to:
    - Confirm that the pests found are bed bugs.
    - Inspect and treat all needed areas where bed bugs are suspected, as well as all rooms adjacent, above, and below.
  - b. To help with bed bug mitigation in the resident's prior home environment, provide information as necessary. Environmental Protection Agency resource: <https://www.epa.gov/bedbugs/do-it-yourself-bed-bug-control>.

## Bed Bugs: How to Share the News

1. **To the resident and those authorized to receive health information:**

We have found bed bugs [in your belongings, in your room]. These are small pests and we are going to take steps to prevent them from spreading within the facility. We will get you cleaned up and moved to a new room. Your belongings will stay here until we know that they are free of the bed bugs and then they will be returned to you. Besides what is already here with you, please leave any other clothing or personal items from home for now. We are bringing a company experienced in dealing with bed bugs into the facility. If you need some information about how to get rid of bed bugs at home, we can provide you with that.



2. **To healthcare workers:** We have found bed bugs in this resident's [room / belongings]. We are working with a pest management company to make sure the area is free of bed bugs, but there are a few things to do to care for the resident to prevent the bed bugs from spreading. No special precautions are needed, but it is important to bathe the resident, change their clothes and move them to a new room. Place the resident's clothing and belongings in a sealed plastic bag. Bed linens will need to be removed, tightly sealed, and laundered on the hot setting.

## Additional Resources



CDC Bed Bugs website (<https://www.cdc.gov/parasites/bedbugs/index.html>)

- Resources for healthcare professionals