

# Infection Prevention & Control BED BUG

## QUICK REFERENCE for the COMMUNITY BASED CLINIC SETTING

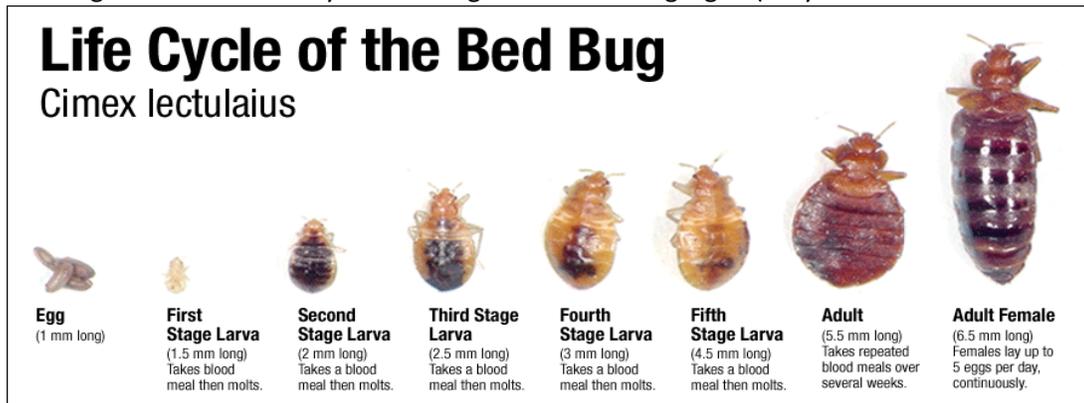
### Preamble

There has been an increase in reports of bed bugs in the last decade. There is no way to prevent bed bugs from entering our facilities; however, steps can be taken to prevent spread and serious infestations. *For more details please see the specific Disease Protocol for Bed bugs in the Community Health Services Manual.*

*In this document the term "patient" refers to patients who are confirmed or suspected of having bed bugs.*

### Identification of a Bed Bug:

- Adult bugs are wingless, oval, flat, reddish brown insects about the size of an apple seed
- Bed Bugs that have recently fed are brighter red and engorged (they look less flat and brown)



- Bed bugs do not fly or jump but they do crawl
- Bed bugs dislike light or movement and are *rarely* seen during the day or on a person's body or clothing

### Identification of Patient:

A patient with bed bugs or suspected of having bed bugs may be identified:

- As part of a referral
- Visible bugs on the patient or their mobility aid (bed bugs like the warmth given off by the motor of a motorized wheelchair)
- Reported by another service provider
- Scratching
- Self-reported
- Visible bites/rash (usually in clusters or linear pattern)



## **Bed Bug Room Set Up**

When selecting bed bug room consider:

- Can it be designated strictly for patients with bed bugs, or must it be used for other patients as well? (e.g.: there are a limited number of available rooms so a room cannot be dedicated)
- The room should not be carpeted
- No fabric upholstered furniture
- Should have minimal furniture, equipment and supplies.

If there is a dedicated room for patients with suspected/confirmed bed bugs, it should be monitored for bed bugs on a regular basis: weekly/daily, depending on the frequency of patients with confirmed/suspected bed bugs

### **Setting up the room:**

- If possible, minimize stock in room. Consider having only minimal PPE available and equipment necessary for care of that patient
- If stock must remain in the room:
  - Keep it in closed cupboards
  - Or on a cart(s) covered with light colored sheet
- Use double sided tape around the perimeter of the room. At the very minimum, around the patient care area. Ensure the tape covers where the floor and base boards meet



- Ensure the threshold of the door is covered and have tape go approximately 30 cm (1 foot) from floor up the door frame



- The tape can be kept on the floor in anticipation of a patient with bed bugs. Because it is on the floor, the double sided tape does not have to be changed between patients who are not on bed bug precautions

#### **When to change the tape:**

- Designate the person responsible for inspecting and changing the tape.
- The tape should be checked for tackiness (stickiness) a minimum of once/per week. Depending on the area, time of year, and the number of patients seen in the room this may have to be done more frequently (e.g. every other day). Water, dust, dirt and debris from the patient and HCW traffic will affect the tackiness, so keep this in mind during the winter and on rainy days
- Change the tape when it loses tackiness
- Check the tape on a set schedule (e.g. Monday morning, Friday evening)
- The tape should also be changed if a bed bug(s) is found on the tape
- The tape should be changed if it has been treated by a pest control company (e.g.: fumigated)
- As an alternative the seam between the base board and the floor can be sealed with caulking. This can also be done around the seams of outlets. *Note: This is only for limited use in one or two examination room(s) as the caulking needs to be reapplied as it wears off, becomes stained etc*

#### **During Patient Interaction**

- Gowns and gloves should only be used if more than one or more bed bug is found on the client or their belongings. Shoe and hair coverings are *not* recommended
- In the designated room:
  - Have the patient remove outer clothing (coats, blankets) and place them in a light colored/transparent bag and double bag it or use a Rubbermaid™ style container. (Light colored or transparent bags/containers are recommended because a bed bug can be more easily seen on light/transparent surfaces)
  - Any bags, purses or other non-essential belongings should also be placed into the bags/container for the duration of the visit
  - Items should be handled with a minimum of shaking/manipulation

- If patient has to disrobe for appointment those clothes should also be placed in the bags/container
- When possible have the patient remain in a chair (or own wheelchair) for the duration of the appointment. Most exam tables have multiple openings/crevices that bed bugs can crawl into and hide
- If an exam table must be used, drape it with a large white sheet (preferably disposable). The sheet should be large enough to hang over the sides by at least 30 centimeters (one foot) on all sides. Dispose of the sheet after the appointment into a doubled garbage bag tied securely at the top
- If reusable sheet is used:
  - It should be placed into a doubled disposable laundry bag tied securely at the top
  - The sheet can be laundered on site
  - Carefully remove the sheet from the bag with a minimum of shaking into the washer. Immediately dispose of bag outside of the clinic
  - Wash and dry clothing on the hottest setting. It is important that you dry clothes on the hottest setting for at least 30 minutes
  - If sending the sheet off site to be laundered be sure to notify the receiving facility that sheet was used in a confirmed/suspected bed bug room
- After the appointment the patient should put *all* clothes (including outer garments) back on while still in the room
- If a container is used, inspect it after removing all the items. If any bed bugs are found they should be killed with mechanical force. Container should also be wiped with a healthcare approved disinfectant wipe after use
- If a bag is used, retie it and dispose of it outside the facility with the rest of the garbage after processing the room
- When possible patient should be encouraged to leave the building/facility as soon as all care/treatment is complete

## **After the Patient Has Left the Clinic**

### **Processing the room:**

- If you have a contracted cleaner who can respond in an acceptable amount of time, close the door to the room, communicate to the rest of the staff that room should not be used (if using signage, *do not* indicate that the room is closed due to bed bugs, this is a PHIA violation). Once the cleaner has completed cleaning, check the double sided tape, replace if necessary, room can be used as usual. If removed, the double sided tape does not have to be replaced immediately, unless the clinic anticipates needing the room for a patient with bed bugs again that day
- If the clinic chooses to clean the room themselves, designate the person required to process the room. This should be done prior to a bed bug incident so there is no question as to whose responsibility it is
  - Inspect room for evidence of bed bugs (refer to identification section)
  - If seen, kill the bed bug(s) through mechanical force (e.g. step on it). If further identification is desired by a qualified professional, it can be collected in a specimen jar, and taken to a pest control specialist (a fee may be incurred)
  - Use an industrial strength vacuum. Clinics are responsible for purchasing their own vacuum. *The vacuum should have a disposable bag and not a canister for ease of*

*emptying.* (e.g.: Taski™, ProTeam™ backpack unit with pest control kit, Numatic Harry™ vacuum cleaner, Sebo™).

- Vacuum room, focusing on crevices in furniture, along floor boards, around light switches and electrical sockets. Allow vacuum to run for an additional 30 seconds to remove bed bugs from the hose and attachments. Vacuum any equipment in the room (e.g.: blood pressure monitors, IV pumps, etc.). All portable equipment should remain in the room until it has been vacuumed. Remove bag from the vacuum, double bag it and dispose of immediately in a bin outside the building
- After vacuuming, wipe surfaces and equipment down with healthcare approved cleaner/disinfectant, ensure correct contact time

### **Waiting room:**

If patient was identified as having bed bugs after they have spent time in the waiting area:

- Carefully inspect chair and area surrounding the chair
- If a bed bug is found, kill it with mechanical force (step on it)
- If possible, vacuum chair and surrounding area as soon as possible.
- If waiting for contracted cleaner, mark chair as “broken” and request the contract cleaner thoroughly vacuum in the entire waiting area including furniture

### **After Contact with the Patient or Patient Room**

- Take time to carefully inspect yourself, including pant cuffs and shoes
- Stamp feet on exiting room/area. Observe to see if any bed bugs fall off, then kill them with mechanical force (step on it)

### **When to Call the Pest Control Specialist**

*For a fee a pest control specialist will do a thorough inspection of the area (or facility) and based on that inspection may recommend treatment (e.g.: fumigation)*

- If a bed bug(s) is noted on room inspection after the client is gone.
- If a bed bug(s) is noted at any time in the area/facility not directly related to a patient.
- If a bed bug(s) is noted to be on a client and then seen to fall off, it should be killed through mechanical force (e.g.: step on it). A pest control specialist is not necessary at this point, but a thorough inspection of the room/area should be done as soon as possible.
- When in doubt, call the pest control specialist. WRHA has one on contract. For a fee they will perform an inspection and treat the area if deemed necessary
- A bed bug sniffing dog is available from some pest control companies. You can talk to your pest control specialist to determine if this is an option and if this option is right for your setting.

### **After treatment:**

- After treatment, follow the pest control specialist’s guidance on when the room/area can be safely cleaned and re-occupied.

### **Traps**

- CO<sub>2</sub> emitting traps are available from pest control specialists. Contact a pest control specialist to get complete information on these types of traps to ensure they are right for your program/area/building.

- Sticky traps can be used but they are for monitoring purposes only. They are not meant for the prevention or control of bed bugs.

### **Other considerations**

If your patient requires treatment of their home for bed bug infestation MB Health provides the Bug N Scrub program to prepare the home for treatment:

“The success of any bed bug treatment program increases with proper preparation of a home or apartment. For vulnerable persons who need help due to limitations that prevent them from preparing their home, the Bug N Scrub program provides a variety of preparation services such as moving furniture, general cleaning, laundry service, and reducing and removing clutter. The Bug N Scrub team also returns to the home or apartment after treatment is complete to put things back in order.

Vulnerable persons that need service must be referred by qualified organizations or individuals that have first-hand knowledge of the needs of the applicant.

Bug N Scrub services will only be provided where bed bugs are present on-site and not for preventative treatments”. - *Manitoba Health*

<http://www.gov.mb.ca/bedbugs/program.html>

### **If you are concerned about taking bed bugs home:**

- Develop a routine to find/kill a bed bug that manages to hide on your equipment or clothing and before leaving the clinic
- Upon arriving home, remove the clothes you were wearing as soon as possible and before moving around your home. A garage is an ideal location for this
- If you don't have a garage, take off any clothing as close to the entrance if possible. If you live in an apartment, the bathtub may be the best place. This is because bed bugs are easy to see on light surfaces and don't like crawling on smooth slippery surfaces
- DO NOT take clothes off in your bedroom
- Put all your clothing into a clear or light colored bag
- Tie the plastic bag closed and take it directly to the washing machine
- Carefully empty clothes into the washer. Immediately dispose of bag outside of the home
- Wash and dry clothing on the hottest setting. It is important that you dry clothes on the hottest setting for at least 30 minutes
- If you have concerns that you have brought bed bugs home, contact OESH