

 <p>Winnipeg Regional Health Authority Office régional de la santé de Winnipeg Caring for Health À l'écoute de notre santé</p> <p><b>Operational Guideline</b></p>	<b>Long Term Care Infection Prevention and Control Program</b>	
	<b>Cimex Lectularius (Bed Bugs), Management Of</b>	
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	<b>Approval Signature:</b>	Supercedes: <b>New</b>
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**1.0 PURPOSE:**

- 1.1 To provide assistance in identifying and controlling a bed bug infestation in a Long-term Care Facility (LTCF).  
NOTE: Bed bug infestations are NOT infectious and are NOT solely the responsibility of IP&C. Infestations need collaboration with IP&C, Environmental Cleaning Services, Facility Management, and need to be confirmed by a Pest Control Professional.
- 1.2 This document does not pertain to staff who have suspected/confirmed infestation in their residence.

**2.0 DEFINITIONS:**

- 2.1 Cimex Lectularius (Bed Bugs): Small wingless insect that feeds on human blood, refer to Disease Specific Protocol (DSP) for more information
- 2.2 Resident: An individual who resides in a long-term care facility/interim care also referred to as Patient/Client/Resident or P/R/C
- 2.3 Long-Term Care Facility (LTCF): Residential facilities providing health care for persons with chronic illness and/or disability across the age spectrum. For example, personal care homes (also called nursing homes), hybrid facilities containing acute care, chronic care and personal care beds

**3.0 PREVENTION:**

- 3.1 When Cimex lectularius (Bed Bugs) are suspected or confirmed, individuals will be removed from the area and the area will be sealed off in attempt to isolate the infestation.

- 3.2 Immediately collaborate with Facility Management, Environmental Services (Housekeeping), Infection Prevention and Control and a Pest Control Professional to determine extent of infestation and appropriate action.
- 3.3 When admitting P/R/C from a residence with known infestation of bed bugs, the P/R/C should be limited to bring only necessary items which can be laundered and/or cleaned appropriately before placed in P/R/C room (see laundry services section). For items that cannot be laundered consult Pest Control Professional or Infection Control Professional.

#### 4.0 **Control and Management:**

- 4.1 Responsibility of Unit Staff
  - 4.1.1 When bed bugs are suspected/confirmed P/R/C does not require isolation precautions, however, gown and gloves can be worn by staff until bed bugs are contained. If bugs are seen, try to capture and place in container (Specimen jar) for exterminator to inspect.
  - 4.1.2 Confine P/R/C to one area, preferably an area with no fabric furniture or carpet until bed bugs are contained. Avoid putting P/R/C in common area(s) or co-horting with another patient until bed bugs are contained. Close room of P/R/C with suspected/confirmed bed bug infestation, indicating room is not to be entered. Can use double-sided tape at room entrance to trap and/or contain bed bugs.
  - 4.1.3 Immediately bag ALL P/R/C belongings (ie: clothing, underwear, wig, shoes, bags, etc.) in belonging bag and seal tightly with tape or tie tightly and consult laundry services to arrange pick up.
  - 4.1.4 ALL potentially contaminated linen must be immediately bagged and sealed tightly with tape or tied tightly, do not throw linen on the floor, place immediately in linen bag. Consult with laundry services to arrange pick up.
  - 4.1.5 P/R/C should shower/bathe and change into disposable scrubs, hospital gown or other clean hospital clothing. During shower/bath examine P/R/C's body for bed bug bites and document same.
  - 4.1.6 Place all personal belongings in P/R/C room in a bag and seal tightly with tape or tie tightly, discard any clutter (old newspaper, magazines etc.). Consult Pest Control Professional for further direction. All items that can be laundered must be sent to laundry services sealed tightly in plastic bags.
  - 4.1.7 P/R/C valuables (ie: wallet, pocketbook, etc.) should be placed in separate bag and sealed tightly with tape or tie tightly and send home with family member or friend or consult Pest Control Professional or Infection Control Professional.
  - 4.1.8 Staff handling P/R/C belongings, valuables, bed linens, etc., need to ensure bed bugs did not crawl onto pants and/or shoes.

- 4.1.9 Provide education to P/R/C, family member's, visitors and staff as needed.
  - 4.1.10 Work with Pest control Professional, Environmental Services, and Facility Management to facilitate proper containment, clean up and prepare for treatment with chemicals by Pest Control Professional if needed.
  - 4.1.11 Ensure to document appropriately.
  - 4.1.12 Do not bring cleaned items into the infested area until the area is free of infestation in order to prevent re-infestation of bed bugs.
- 4.2 Responsibility of Facility Management
- 4.2.1 Facilitate consultation with Environmental Services (Housekeeping) and Pest Control Professional.
  - 4.2.2 Work with Pest Control Professional, Environmental Services (Housekeeping) and unit staff to facilitate identification and control of infestation.
- 4.3 Responsibility of Environmental Services (Housekeeping)
- 4.3.1 Facilitate consultation with Facility Management and Pest Control Professional.
  - 4.3.2 Work with Pest Control Professional, Facility Management and unit staff to facilitate identification, clean-up and control of infestation.
- 4.4 Responsibility of Laundry Services
- 4.4.1 Ensure laundry received from unit with suspected/confirmed bed bug infestation handled properly.
  - 4.4.2 Laundry should be received in sealed bags, place items to be laundered directly in washing or drying machine. Tip bag into machine to empty contents of plastic bag, when emptied fold the bag opening into the center then fold remaining areas over opening, place inside a clean bag and seal tightly before disposing.
  - 4.4.3 Items need to be washed in hot water (>60C or >140F) and/or dried on the highest setting (>40C or >104F) for a minimum of 30 min. The dryer must reach a temperature of >40C to kill ALL stages of bed bugs, and should be filled to only 50% of capacity.
  - 4.4.4 Fold clothes immediately once removed from dryer and place clothes directly into clean plastic bag. Keep clean clothes in plastic bag; if P/R/C space has been effectively treated clothes can be placed in there appropriate place, if infestation on-going keep clean clothes sealed in plastic bag and remove clothes as needed.
  - 4.4.5 Laundered items need to be kept out of the infested area during treatment in order to prevent re-infestation of bed bugs.

**Guideline Contact: Manager, LTC Infection Prevention & Control**

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## 5.0 **REFERENCES:**

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