

Bed Bugs: Eliminating the Creep Factor



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Bed Bugs

- Bed bug biology
- Assessing for bed bugs
- Preventing bed bugs from entering facilities
- Preventing bed bugs infestations in your own home
- What to do if bed bugs are found
- Bed bugs and travelling
- Bed Bug Clean-up Basics
- Initiatives and Strategies



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Bed Bugs



In the past few years, there has been a significant resurgence of bed bugs world wide.

Canada was virtually bed bug free for about 50 years.



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Bed Bugs

- Safety & environmental concerns have led to greater restrictions of pesticides
- Bed bugs have developed resistance to many widely used pesticides
- Increased domestic and international travel provides opportunities for spread of bed bugs



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Bed Bug Biology

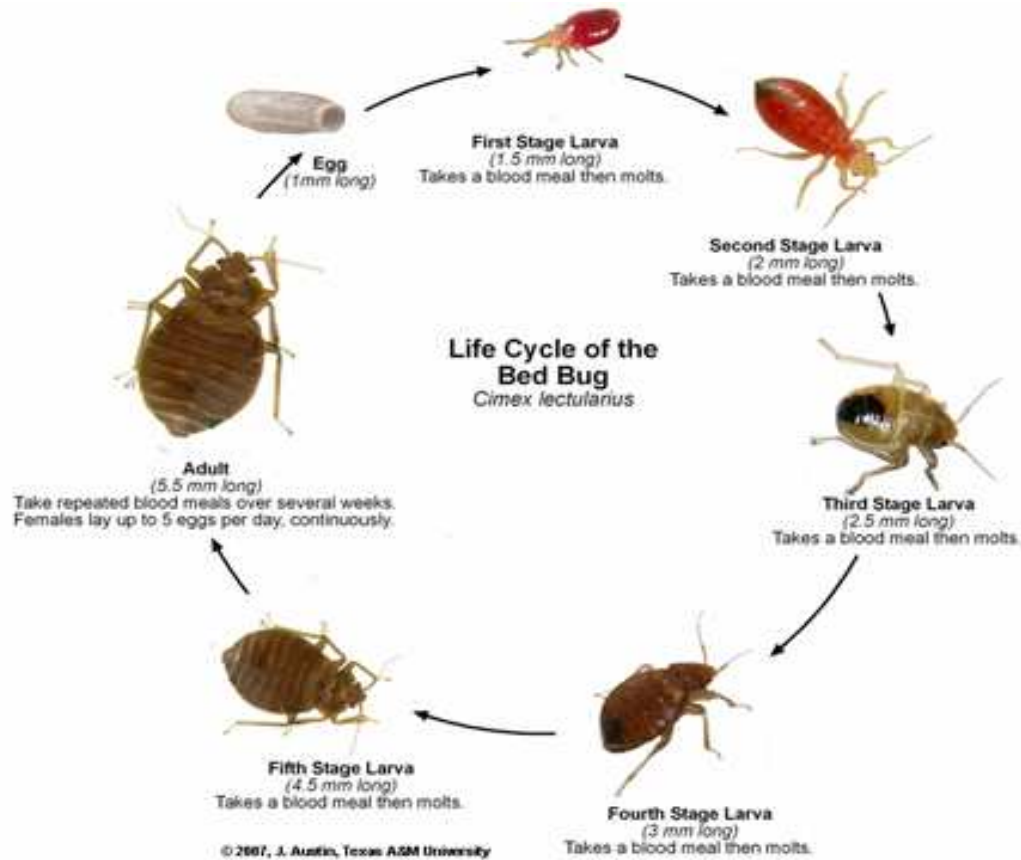
- Bed bugs are small, oval, brown insects about the size of a flax or apple seed (6 mm)
- After feeding they swell in size and can become bright or dark red
- They are wingless and cannot fly or jump



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Bed Bug Biology



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Bed Bug Biology



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Bed Bug Biology

- A newly hatched adult female will feed and mate
- Female lays eggs 3 to 6 days later
- Lays approximately 3 eggs per day or 5 to 7 eggs per week



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Bed Bug Biology

- Over the life span of 6 to 18 months female lays 200 to 500 viable eggs
- Eggs laid close to female's harbourage site



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Bed Bug Biology

- Females prefer to lay eggs on textured surfaces such as fabrics, wood, behind pictures, in furniture, along the edges of baseboards, under floor boards,
- However, eggs may be found anywhere in an infested dwelling



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Bed Bug Biology

- Eggs are attached with a sticky substance that acts as cement
- Eggs hatch within 7 to 10 days as first instar
- Each of the 5 bed bug nymphal instars is a smaller version of the adult



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Bed Bug Biology

- Bed bugs go onto hosts only to feed, usually at night
- 90% of their time is spent protected in hidden places, usually near where the person sleeps
- A blood meal is required for instars to molt, for egg production in females and sperm production in males



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Bed Bug Biology



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Bed Bug Biology

- Adult bed bugs can survive for a surprisingly long time without a blood meal – sometimes longer than 2 years
- Bed bugs prefer human blood but will feed on the blood of other animals (such as family pets)



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Bed Bug Biology

- The bite of a bed bug is painless
- Feeding may take 3 to 12 minutes
- If disturbed by the host may withdraw mouthparts and re-insert in a new location leaving the characteristic row of bites (breakfast, lunch and supper)



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Bed Bug Bites



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Bed Bug Biology

- Bed bugs are not known to spread disease
- Bites can cause an allergic reaction. Frequent scratching can lead to infections.



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Bed Bug Biology

- Anemia has been reported in the elderly and young children
- The presence of bed bugs may exacerbate allergy symptoms



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Bed Bug Biology

- Psychological symptoms may be the most profound effect of infestations
 - Mild to severe anxiety & stress
 - Social isolation
 - Financial stress
 - Harm to self through extreme control measures (pesticide exposure)



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Assessing for Bed Bugs

What to look for:

- Bed bugs live or dead
 - Usually near areas where people sleep
- Cast skins
 - Looks like the empty shells of bed bugs about the same size as the bug stage that left it



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Assessing for Bed Bugs

- Eggs
 - About 1 mm long, white
- Fecal stains & droppings
 - Frass -- droppings which appear as small black spots
 - May look like granules of brown sugar
 - Blood spots on sheets and pillows



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Assessing for Bed Bugs

Where to look:

- Mattress:
 - Top and bottom seams, along each side of piping material
 - Under mattress handles, inside air holes
 - Use alcohol or baby wipes – if spots dissolve into reddish brown colour – could indicate bed bug droppings



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Hiding Spots



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Assessing for Bed Bugs

- Box Spring
 - Points where the box spring sits on the bed frame (lift slowly)
 - Top surface, inside folds of material
 - Along seams and where fabric is attached to frame
 - Underneath fabric cover (turn over and remove thin cloth layer)



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Assessing for Bed Bugs

- Bed frame and headboard
 - Check for bugs along the joints and the wall behind
- Other furniture and items:
 - Bedside tables
 - Electronics such as clocks, radios, remote controls, lamps



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Assessing for Bed Bugs

- Inspecting upholstered furniture
 - Inspect pillows and cushions
 - Look at underside of couches and chairs
 - Pay special attention to staples, screw holes



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Assessing for Bed Bugs

- Room perimeter:
 - Moldings or joint between the floor and wall closest to the bed
 - Edges of wall-to-wall carpet, area rugs
 - In electrical switch and outlets
 - Under loose wallpaper
 - If on walls or ceiling, may be moving from room above



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Assessing for Bed Bugs

- Other locations
 - Television remote controls
 - Telephones, cell phones
 - Lamps, alarm clocks
 - Computers and other electronics
 - Cardboard boxes in closets and under bed



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Assessing for Bed Bugs

- You may see bed bugs crawling on the clothing of a client
- Questions about bed bugs can be incorporated into a medical assessment



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Assessing for Bed Bugs

Sample questions:

- Have you stayed in a place where you think you may have been exposed to bed bugs in the past three months?
- Has anyone in your family been bitten by bed bugs or do they have bites or blisters that you are concerned about?



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Assessing for Bed Bugs

- Bed bugs, lice, scabies and other things can cause medical concerns. Do you need help with a bed bug, or any other pest issue?



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How to prevent bed bugs from entering facilities

- Education is the key to prevention
 - Clients/patients/residents and their families should be provided with information:
 - about bed bugs
 - how bed bugs are introduced to health care facilities
 - who they should contact if they have questions about bed bugs
 - what they can do if they have bed bugs at home



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Prevention

- Caregivers should be provided with information (doctors, nurses, HCAs, housekeeping)
 - How to recognize symptoms of bb bites
 - How to identify infestations
 - What steps to take when learning of an infestation
 - How to assist the pest controller during service



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Prevention

- Inspections should be conducted as part of daily housekeeping duties
 - Check for signs of bb when stripping bed linen
 - Check for evidence around the bed area and on upholstered furniture and medical equipment such as wheelchairs
 - Document reports of bites by clients



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Prevention

- Upholstered furniture in common areas such as waiting rooms or lounges should be replaced with vinyl, plastic or metal furniture



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Prevention

- Vacuum rooms and upholstered furniture regularly
- Reduce clutter to decrease hiding spots for bed bugs
- Seal tears in wallpaper, gaps or cracks in walls or baseboards, etc.



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Prevention

- Upon admission to a facility, or during visits to receive care, client/resident/patient should be discouraged from bringing personal items into the facility
- If client is known to have an infestation at home, personal items such as coats, boots, purses, etc. should be placed in a plastic bag during the duration of the visit.



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Prevention

- If client has bed bugs crawling on clothing, it may be necessary to have client shower and provide clean clothing during visits to facilities.



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Prevention

- It may be necessary to designate a particular room for interviewing potentially infested clients
- Room should have minimal furniture (not upholstered) and double-sided tape placed around perimeter of room



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Prevention

- Legs of desks or tables may be wrapped with double-sided tape or moat style interceptors used under legs of furniture



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Prevention

- Items such as wheelchairs or walkers can also harbour bed bugs and should be checked carefully
- A stiff brush may be used to dislodge bed bugs from cracks and crevices



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Prevention

- For programs that receive donations from the community, or personal items brought into a facility, bags containing items should be opened over a bed sheet or plastic sheet with double sided tape applied around the perimeter of the sheet
- Items can be sorted, inspected and wiped clean or bagged for laundry and bed bugs will be trapped by tape.



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Handling a New Infestation

- Your facility/department should have an established protocol to guide staff actions if an infestation is discovered



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New Infestation

- The first step is to ensure that the found specimen is positively identified as a bed bug
- If you are not able to find a sample, place double sided tape or monitors in areas where the bug was seen



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New Infestation

- A professional pest controller may be contracted to assist in identification, monitoring and treatment



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New Infestation

- In community setting, if client resides in apartment, landlord is responsible for setting up pest control services
- In private home, it is client's responsibility to treat infestation



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New Infestation

- If the bug was found in a patient room in a facility, close the room off, if possible
- Respond sympathetically to patient/resident concerns and provide accurate information/literature about bed bugs



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New Infestation

- Perimeter around patient beds may be taped with double sided tape
- Caution should be used if tape presents tripping hazard for patient



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New Infestation

- Regular laundering and drying of clothing in a medium to hot dryer will kill all stages of bed bugs
- Items that can't be laundered can be placed in a hot dryer
- A normal dryer load run for 15 to 20 min. (once items are dry) is an effective control method



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New Infestation

- Do not move furniture/medical equipment from infested room to new rooms (chairs, IV poles, walkers, etc.)
- Do not mix laundry from infested rooms with other laundry



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New Infestations

- Keep carts, such as laundry, meal or housekeeping carts in hallway



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New Infestation

- Mattresses may be encased in a bed bug proof encasement
- Room should be thoroughly cleaned, including vacuuming of mattress
- Remember to discard vacuum bag sealed in plastic



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New Infestation

- Treatment of room should be done by professional pest controller
- In areas where clients may be sensitive to pesticide residues (such as personal care homes) steam or heat treatment may be preferred



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Travel Precautions

- Bed bugs are found all over the world
- NOTE: Bed bugs are most likely to spread via luggage, backpacks, mattresses



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Travel Precautions – Steps you can take

- Inspect your room before settling in
- Use luggage racks set away from the wall – never set luggage on the bed
- Put suspect items in sealed plastic bags until you can clean them



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Travel Precautions – Steps you can take

- Dry everything you can on the highest temperature for 60 minutes when you get home
- Freeze what can't take the heat for 2 weeks



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Travel Precautions – Inspecting your hotel room

- Look for bugs or blood spots in corners, cracks, and crevices
- Behind the headboard
- Along the piping around the mattress, under the sheets
- Along the edges of the box spring
- Around joints in bedside tables including drawers



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Travel Precautions – Airplanes

- Luggage from all over the world piled together
- Upholstered seats
- People sitting and sleeping



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Travel Precautions – Airplanes

- Use hard sided luggage
- Use duffel bags that can be put into drier
- Bring your own pillow and blanket, store in plastic snap container
- Put into drier for at least 20 minutes after trip



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Travel Precautions – Airplanes

- Buy the blanket and pillow, do not use a used one
- Don't put your coat, clothing, or suit case on top of someone else's luggage in the overhead compartment
- DON'T put luggage on the bed to unpack



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Cleaning Measures - Vacuuming

- Good idea to dedicate a vacuum for the purpose of pest control in multi-unit housing facilities
- Use a HEPA-equipped vacuum
- Use a crevice tool to focus suction in small places, crevices, cracks
- Can use a brush attachment but it must be cleaned carefully
- After each use, remove the bag or container and dispose bag or contents in a sealed plastic bag



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Cleaning Measures - Vacuuming

- Clean the brush attachment with hot water and detergent
- Store the vacuum in a large plastic garbage bag that is closed tightly
- Inspect vacuum before use for bed bugs on the outside of vacuum



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Cleaning Measures – Vacuuming Procedure

- Vacuum the bed, mattress seams
- Use brush or crevice attachment to dislodge bed bugs or eggs – use a scraping motion
- Good idea to remove mattress and box spring from frame, vacuum all surfaces
- Flip bed frame, vacuum all crevices



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Cleaning Measures – Vacuuming Procedure

- Vacuum inside and under drawers of night stands, dressers
- Turn over each piece of furniture, vacuum the under side
- Vacuum along bottoms of walls, moldings, if wall paper is loose, vacuum underneath



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Cleaning Measures – Vacuuming Procedure

- Vacuum around heating units
- Vacuum along carpet edges
- Vacuum plush furniture



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Cleaning Measures – Washing Surfaces and Furniture

- Wash non-plush furniture and hard surfaces using a detergent cleanser
- Wash the bed frame with soap and water
- Wash cribs, floors, moldings, window sills, walls



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Cleaning Measures – Rugs and Carpeting

- Small rugs: place into the dryer on a hot setting for 30 minutes
- Large area rug: steam clean, can send for a professional cleaning, need to wrap in plastic
- Wall to wall carpeting: removed in a heavy infestation, can be steam cleaned, pay attention to edges



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Cleaning Measures – Rugs and Carpeting

- If carpet is removed, pay attention to the carpet tack strips, can provide hiding places for bed bugs
- Disposal of Infested Items: wrap in plastic and label: **INFESTED WITH BED BUGS**, can destroy items to prevent others from using



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Bed Bugs – Initiatives and Strategies

- 1. Provincial bed bug inquiry line: 1 – 855-3MB-BUGS or 1 – 855 – 362 – 2847, bedbugs@gov.mb.ca
- 2. Bed bug website: www.manitoba.ca/bedbugs
- 3. Bed Bug Coalition: 20+ organizations, non profit, private sector, first nations, all three levels of government



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Bed Bugs – Initiatives and Strategies

- 4. Bed Bug Program Co-ordinator
- 5. Government of Mb partners and participates in Provincial Bed Bug Symposiums
- 6. Print ads in provincial daily, weekly, specialty publications



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Bed Bugs – Initiatives and Strategies

- 3 Phase Low-Cost Bed Bug Preventative Materials program
- Currently Phase 1 and 2
- Phase 1: Working with partners at the Professional Property Management Association (PPMA) of Manitoba to ensure tenants and buildings are protected from infestations



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Bed Bugs – Initiatives and Strategies

- Phase 2: Other qualifying organizations will be able to purchase products
- Phase 3: All members of the public will be able to purchase products such as mattress covers



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Bed Bugs – Initiatives and Strategies

- Treatment and prevention Grants program will be available to provide financial assistance for affected and vulnerable non profit organizations
- A “Bug and Scrub” Program will use community organizations to assist the most vulnerable prepare infested units for treatment and help educate Manitobans about preventing the spread



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Bed Bugs – Initiatives and Strategies

- Hiring a half-time, term PHI to work on bed bug initiatives, bed bug messaging, fact sheets and best practices for PHIs who are dealing with bed bug issues



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