

## BED BUGS

### INSTRUCTIONS

Read the background out loud and use the guiding questions to facilitate a discussion about the potential of bed bugs in clients' homes.

### AFTER THIS HUDDLE

Staff should be able to:

- Minimize their exposure to bed bugs.
- Prevent the spread of bed bugs.

### NOTES TO THE HUDDLE LEADER

- You can reduce your exposure to bed bugs by covering your shoes with disposable booties, storing your personal items in a re-sealable plastic bag, trying to provide care in areas of the home that do not have carpet, upholstered furniture, or a bed, and avoiding sitting on upholstered furniture or beds.
- The presence of bed bugs should be included on the care plan, so all care workers are informed.
- If you have been exposed to bed bugs, wash and dry your clothes at high heat (greater than 45°C).

### BACKGROUND

Bed bugs are small brownish, oval, flat and wingless insects about the size of an apple seed. They cannot jump or fly but do crawl. They dislike light and like to hide in box springs, mattress seams and covers as well as curtains and cushions on furniture such as couches and wheelchairs. They may also be present in crevices, baseboards, or fixtures. Care staff need to be aware of bed bugs to avoid transporting them in their cars, to their home, or to another client's home.

Some tips to avoid spreading bed bugs:

- Don't sit on upholstered furniture or beds
- Only carry essential items with you
- Consider putting your belongings in a sealed plastic bag
- Try to avoid wearing clothing with pockets or cuffs
- Check your items and clothes that may have bed bugs after leaving a client's home to prevent carrying them to your car or mode of transport.

### GUIDING QUESTIONS

- What precautions should you take if you know the house you are entering has bed bugs?
- What should you do if you find evidence of bed bugs in a home?