



### Preparing for Home Visits

Always wear simple clothing when visiting a client's home. Avoid shirts with buttons and pockets (professional looking, long-sleeved, light colored T-shirts are advisable). Avoid cargo pants or pants with cuffs. Simple shoes that can be thrown in a hot dryer and that have minimal tread are also recommended. Do not accessorize with anything, particularly scarves, jewelry or handbags.

If possible, contact the client prior to the first home visit and ask them if they have had any known insect infestation or pest control treatment within the last two to three months. If their answer is yes, ask them specifically about bed bugs. If bed bugs were a problem within the last 12 months, you can take precautions to protect yourself and your other clients before arriving at the potentially infested residence.

### After You Arrive

- Wear protective booties at all times or at least when you are uncertain about the presence of an infestation in the client's home. If asked about the booties, let the client know that you are trying to protect them from insects that you may have encountered at other residences.
- Coveralls or a Tyvek® suit can be worn if you are entering a home where you know there is a severe infestation. Coveralls should also be considered if you know that you will be moving or carrying items, like a wheelchair, from an infested home. Coveralls should also be worn if you are physically moving people or animals from an infested home.
- Do not sit on upholstered furniture or the bed. Take a quick look in the cracks of hard chairs before sitting down, or better still, bring your own chair when you visit.
- Carry only those items with you that are essential to the home visit. Leave everything else in the car. A plastic clipboard can be used to hold your paperwork. A fanny pack can be used to hold your wallet, personal items, spare gloves and booties.
- Avoid placing anything on upholstered furniture, bedding or on carpeted floors.
- *If you discover bed bugs in the home during your visit, remain calm!*
  - Record the infestation in your notes so you will be prepared for the next visit.
  - When you return to your vehicle, remove your booties immediately and seal them in a plastic bag. Dispose of the bag before you get in the car.
  - If you were wearing coveralls or a Tyvek® suit, remove it by turning it inside out to trap any bed bugs inside
  - Place the suit in a sealed plastic bag and dispose of it before you get in the vehicle.
  - Have a hand mirror available so that you can perform a quick self-inspection. Check your clothing (the back of your pants, tread of your shoes, shoe laces, socks, cuffs and collar).
  - If you find a bed bug on yourself, use a wet wipe to capture the bug. Use another wet wipe to wipe down the surrounding area, paying attention to seams, buttons and other bed bug hiding places. Wipe downs are not necessary if you do not find any bugs during your self-inspection.

### If You are Repeatedly Visiting Infested Homes

Protect yourself and other clients by always wearing booties and protective coveralls and using a bed bug containment kit. The kit should include:

- É A portable, hard surface chair or stool.
- É A fanny pack for holding personal items like your identification, cell phone, additional booties or gloves.

É A change of clothes and shoes (kept in your vehicle).

É A plastic storage container with a sealed lid that is large enough to contain the items listed below or items that you might suspect to be infested.

1. Protective booties and Tyvek<sup>®</sup> type coveralls
2. Disposable gloves
3. A roll of duct tape (light colored)
4. Small plastic garbage bags
5. A roll of 50-gallon garbage bags (drum liners)
6. Flashlight
7. Narrow banded spatula (for crushing bed bugs)
8. A fresh container of wet wipes (i.e., Wet Ones Antibacterial)
9. Plastic box-type clipboard containing paper and pens



### **Transporting Someone Who Had Bed Bugs on His or Her Clothes or Belongings**

If you have to remove a child from a bed bug infested home, or transport an infested client for some other reason, you need to contain his or her belongings to protect your vehicle. Use your drum liners to bag your client's clothes and personal items. Tie the drum liners and seal them in an empty plastic storage container inside your vehicle prior to transport. If you need to transport a potentially infested wheelchair, wrap it in your drum liners before putting it in the car. The wheelchair can be uncovered and used immediately when you arrive at your destination. Drum liners can also be used as seat covers to guard against bed bugs crawling off the client's clothing during transport.

If you need to transport someone who has obvious bed bugs on his or her clothing, you can use your Tyvek<sup>®</sup> suit and booties to cover the client's clothing during transport. However, if your client does not want to wear coveralls, have them sit on the drum liner seat cover. You should then vacuum the vehicle once you have reached your destination. You can also use wet wipes on the seatbelts and seat seams to remove any bed bugs that crawled off of the client.

### **Use the Dryer When Returning to the Home or Office**

Heat is an excellent bed bug killer, and nothing is more effective for killing all bed bug life stages than a hot clothes dryer. Remove your work clothes as soon as you come home. Your clothes, including shoes, can be tumbled in the dryer on high for 30 minutes and emerge bed bug free. A dryer with a removable shelf is excellent for heating items that cannot be tumbled, like backpacks or other supplies.

### **If You have Contacted Bed Bugs**

If you think you have been contaminated with bed bugs, notify your supervisor of the source and return to your home. Remove all clothing before entering the home if possible (or in the bathroom if not). Immediately place your clothing in sealed plastic bags. Get into the shower. After showering, collect your sealed items and place them in the washer with hot soapy water. Place shoes in a hot dryer for 30 minutes. Dry your clothes on high heat.

### **Additional Suggestions**

- Keep your vehicle clear of clutter, vacuum it weekly and inspect it periodically for bed bug presence.
- Keep a dedicated pair of shoes for use only in clients' homes or a jacket in sealed plastic containers in your vehicle.
- Discourage clients from sharing vacuum cleaners with other residents, as this is a potential source of infestation.

- Bed bugs are excellent hitchhikers, so clients should be discouraged from accepting or borrowing clothing, furniture, or other items from friends and neighbors.
- Be prepared to offer your clients basic bed bug information if they ask for it.

*This information was provided by and modified with permission from Virginia Tech, Virginia Cooperative Extension, Virginia State University, Virginia Department of Agriculture and Consumer Services, Dini M. Miller, PhD, Department of Entomology, Virginia Tech and Stephen Kells, PhD, Department of Entomology, University of Minnesota*

**Additional Information:**

[www.ndhealth.gov/Disease/faq/Faqs.aspx#B](http://www.ndhealth.gov/Disease/faq/Faqs.aspx#B) or by calling the North Dakota Department of Health at 800.472.2180.

**Links:**

North Dakota State University, Department of Entomology:

[www.ag.ndsu.nodak.edu/aginfo/entomology/entupdates/Indoor\\_pest/bed\\_bug.htm](http://www.ag.ndsu.nodak.edu/aginfo/entomology/entupdates/Indoor_pest/bed_bug.htm)

[www.ndsu.edu/entomology/insect\\_identification/](http://www.ndsu.edu/entomology/insect_identification/)

Virginia Department of Agriculture and Consumer Services:

[www.vdacs.virginia.gov/pesticides/bedbugs-facts.shtml](http://www.vdacs.virginia.gov/pesticides/bedbugs-facts.shtml)

Centers for Disease Control and Prevention:

[www.cdc.gov/parasites/bedbugs/](http://www.cdc.gov/parasites/bedbugs/)

[www.cdc.gov/parasites/bedbugs/faqs.html](http://www.cdc.gov/parasites/bedbugs/faqs.html)

University of Kentucky College of Agriculture, Food and Environment:

[www2.ca.uky.edu/entomology/entfacts/ef636.asp](http://www2.ca.uky.edu/entomology/entfacts/ef636.asp)

University of Minnesota Extension:

[www1.extension.umn.edu/garden/insects/find/bed-bugs-in-residences/](http://www1.extension.umn.edu/garden/insects/find/bed-bugs-in-residences/)

United States Environmental Protection Agency:

[www.epa.gov/bedbugs/](http://www.epa.gov/bedbugs/)