

Resources to Assist with Bed Bug Concerns

Getting rid of bed bugs is often a challenging process. The following resources are available to aid in properly managing bed bug concerns.

Texas Adult Protective Services (APS)
Phone: 512-438-4800

Texas Department of Health and Human Services (211)
Phone: 512-776-7111
Toll-free: 888-963-7111

Bed Bugs



****Remember to speak with your facility staff members about concerns related to bed bugs.**



This material was prepared by Alliant Health Solutions, an End Stage Renal Disease (ESRD) Network under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Contract No. NW 8: 75FCMC19D0005-75FCMC21F0001 and NW 14: 75FCMC19D0005-75FCMC21F0002

Don't Let the Bed Bugs Bite!!!



Even the cleanest houses, apartments and hotel rooms can have bed bugs. Regular inspection and cleaning can help prevent a bed bug infestation. Preventing bed bug infestation is often much easier than getting rid of bed bugs after they have settled in.

- **Learn how to identify bed bugs.**
- **Get rid of places where bed bugs can hide.**
- **Be careful about what you bring into your home.**
- **Check your home frequently for bed bugs.**

What to look for?



- Live bugs-Bed bugs are small, oval, wingless insects ; bedbug have six legs and are reddish and brown in color.
- Eggs (very difficult to see)
- Crushed bugs
- Bites- Bed bugs typically feed at night. Bites are often on arms, shoulders, neck, and legs.
- Reaction to the bites can be seen immediately or delayed for hours. Bites are red bumps with a puncture mark in the middle. The bites can be extremely itchy and can be infected if scratched.
- Bed bugs can be found in mattress seams and folds, bed frames, drapery, baseboards, furniture, etc.
- Blood stains on your sheets or pillowcases
- Dark or rusty spots of bed bug excrement on sheets and mattresses, bed clothes, and walls
- Bed bug fecal spots, egg shells, or shed skins in areas where bed bugs hide
- A musty odor from the bed bugs' scent glands

What to do if you have bed bugs

Let your medical staff know- We need to make sure that the bed bugs do not infest the facility and spread to other patients.

Your medical staff can help you find resources to help with bed bug control. Staff can provide contact information for community resources.

Contact pest management-Bed bugs are hard to get rid of because they hide in hard-to-reach places. It is recommended that a licensed Pest Management Professional with experience in treating bed bugs is contacted.

Patients need to wash, surface clean, fumigate, or quarantine all personal belongings.

Wash bedding and clothing in very hot water with detergent. Dry items in a clothes dryer set on the hot setting.

Place bedding and clothing in a sealed container or bag.

CLEANING: Thoroughly clean areas infested with bed bugs. This includes mattresses, furniture, walls, behind wall hangings, and drawers. Use a firm brush to remove bed bugs and eggs not removed by vacuuming. Items need to be cleaned completely.

Remove clutter. **NOTE:** Sanitation alone cannot get rid of bed bug infestation.

VACUUMING: Vacuuming is an effective

first step in removing bed bugs from surfaces such as mattresses, but vacuuming can't get bugs hiding in cracks and crevasses.

REMOVAL OF ITEMS: The removal of a mattress or furniture item that is infested with bed bugs and replacement with new items can reduce the immediate infestation. However, if bed bugs are present in other areas and are not eliminated, the replaced items may become re-infested with bed bugs. **NOTE:** *Removal of mattresses and furniture items that are torn may be necessary since complete treatment of these items to rid them of bed bugs is difficult.*

BED BUG EXTERMINATION: Treating your home and furniture with insecticides can be harmful. It is important to use products that can be used safely in the home and on all furniture. Do not treat mattresses and bedding with insecticides unless the label specifically says you can use them on bedding. If possible, consult an experienced pest control professional for bed bug extermination.

An uncontrolled bed bug infestation can quickly spread from one area to another if not managed.

