

**IT'S OK TO ASK NURSES,  
DOCTORS AND OTHER HEALTH  
CARE PROVIDERS IF THEY HAVE  
CLEANED THEIR HANDS**

**REMINDE VISITORS TO  
CLEAN THEIR HANDS**

**HAND HYGIENE  
THE BEST  
WAY TO PREVENT  
INFECTION**

## **HAND HYGIENE**

Special care must be paid to hand hygiene as it is the best way to prevent the spread of germs. **Good hand washing includes:**

### **Alcohol-Based Hand Rub**

- Apply to palm of one hand,
- Rub hands together, covering all of hands and fingers,
- Rub until hands feel dry; and
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub.

### **Hand Washing**

- Use warm running water and soap,
- Spend at least **15-30** seconds lathering and washing hands,
- Rub hands together, paying attention to finger tips, around rings and thumbs,
- Rinse thoroughly,
- Dry with paper towel and turn off tap with paper towel; and
- Dispose of paper towel in the garbage.

Developed: July 2014  
Revised: October 2016

## **BED BUGS:**



**Information for Patients,  
Residents, Families  
& Visitors**

INFECTION PREVENTION  
& CONTROL PROGRAM  
[www.easternhealth.ca](http://www.easternhealth.ca)

## **WHAT ARE BED BUGS?**

Bed Bugs are small brown insects that feed on human blood. Because of this they tend to live within 8 ft of where people sleep.

They are about the size of an apple seed but after feeding they swell in size and become dark red.

The adult Bed Bug can live for 12 months because they become inactive when there is no host to feed on.

## **ARE BED BUGS DANGEROUS?**

**NO.** Although bed bugs and their bites are a nuisance they are not known to spread disease.

## **WHAT DOES A BED BUG BITE FEEL AND LOOK LIKE ?**

- Bed bug bites are painless. Most people do not realize they have been bitten until several days after the initial bite; and
- The bite marks are similar to that of a mosquito — a slightly swollen red area that may itch and be irritating.

## **HOW DO I KNOW IF I HAVE BED BUGS?**

*Potential sign of Bed Bugs include:*

- Unexplained bites or red marks on your skin,
- Black or dark red spots on bed linens, mattresses or bed springs; and
- Cast off skins from bed bugs or actual live or dead bed bugs.

## **HOW DO BED BUGS GET INTO MY HOME?**

- Bed Bugs do not fly but they are experts at hiding. They hide in such places as the seams of mattresses, headboards, dresser tables etc.,
- Bed Bugs travel on such things as luggage, furniture or household goods that are moved from one place to another; and
- Having Bed Bugs does not mean you are a poor housekeeper.

## **HOW DO I GET RID OF BED BUGS?**

Getting rid of Bed Bugs can be difficult for a home owner. It is best to consult a pest control company.

Clothing and bedding can be put in the washer and dryer on high temperature for 20 minutes — do not over load the washer and dryer or this method may not work.

A Bed Bug cover can be put over the mattress.

## **WHAT IS THE TREATMENT FOR BED BUG BITES?**

- Bed bug bites do not pose a serious health threat,
- The bites may become itchy — if this is a problem ask your health care provider if you should take an antihistamine (ie. Benadryl); and
- Scratching at the bites may cause an infection. If you think you have an infection seek advice from your health care provider.

## **WHAT TO EXPECT IN HOSPITAL**

- Because Bed Bugs are such experts at traveling it is important to deal with this matter promptly before the Bed Bugs can travel through out the Health care facility,
- All clutter must be removed from the room,
- Personal clothing and linen must be laundered as outlined,
- Any personal items that can not be treated must be discarded; and
- You will be given another room and a professional pest control company will be contracted to clean the room where the bed bugs were found. It may be necessary to leave some of your personal items in the room until they are treated.