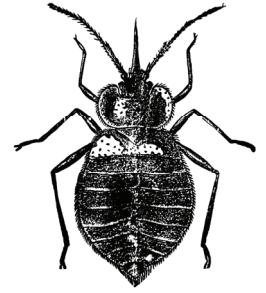




Prevention Tips for Visitors to Bed Bug-Infested Homes



- ◆ Bed bugs are six-legged insects that are reddish-brown and can be as big as an apple seed.
- ◆ Bed bugs do not fly or jump. They are fast crawlers.
- ◆ Bed bugs, before feeding, are flat. They can squeeze into areas as thin as a credit card.
- ◆ There are no sprays or creams to repel bed bugs.
- ◆ Take only what you need to use into the home. For example, if you are a female home health care aide, leave your purse in the trunk of your car.
- ◆ If you need to take bags into the home, put the bags into large, sealable disposable bags. This will prevent bed bugs from entering the bag and hitchhiking out of the home.
- ◆ Wear plastic, disposable knee-length booties to prevent bed bugs from climbing on to your shoes and into your socks and pants.
- ◆ Wear all-white clothing and shoes. Bed bugs should be visible on white clothing.
- ◆ If you have to sit in the home, use a hard surface chair. Bed bugs can still hide in the areas where the chair pieces come together, but they are more likely to be found in couches and soft chairs. Purchase a travel chair or stool to use when in the home.
- ◆ If you have to handle the occupant of the home, wear shoulder-length disposable gloves.
- ◆ Wear a full-body gown or Tyvek suit to prevent the bed bugs from climbing on to clothes.
- ◆ Before entering your vehicle or own home, remove all your clothing and immediately wash them in hot, soapy water and dry at a high heat.

For more information, visit www.allencountyhealth.com.