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WILL LIGHTBOURNE
DIRECTOR

STATE OF CALIFORNIA—HEALTH AND HUMAN SERVICES AGENCY
DEPARTMENT OF SOCIAL SERVICES
744 P Street • Sacramento, CA 95814 • www.cdss.ca.gov



EDMUND G. BROWN JR.
GOVERNOR

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TO: CCLD LICENSING PROGRAM ANALYSTS

FROM: ***Original signed by Pam Dickfoss***
PAM DICKFOSS
Deputy Director
Community Care Licensing Division

SUBJECT: BED BUG PRECAUTIONS FOR LICENSING PROGRAM ANALYSTS

Recently, we have had a few cases where Licensing Program Analysts (LPA) have been concerned they have transported bed bugs to their homes after visiting a facility. We have contacted an expert in this field to instruct us on how to avoid this and are working on training modules in the near future. In the meantime, here are some tips that may help.

Bed bugs are flat, oval, reddish-brown wingless insects about 1/4 of an inch long. Adult bed bugs can resemble wood ticks. Young bed bugs (or nymphs) are much smaller, about 1/16 of an inch and are nearly colorless, but become bright red after feeding. Bed bugs cast off their shells as they grow from one stage to the next, and deposit black spots of feces near the feed site or where they hide. Healthcare workers that routinely visit facilities as a part of their job are at risk for contracting bed bugs. LPAs need to be cautious if they are to avoid transporting bed bugs in their cars, taking bed bugs to the office, to their home, or even to another facility.

Preparing for Home Visits:

Wear simple clothing. Avoid shirts with buttons and pockets. Avoid cargo pants or pants with cuffs. Wearing simple shoes that can be thrown in a hot dryer, with minimal tread, is recommended. If a home is known to have bed bugs, do not accessorize with scarves, handbags, or jewelry. Do not wear or take these items on a day when the visit will be made, or store them in your vehicle during your visit.

Upon Arrival and at the Facility:

Wear protective booties if possible (in the process of ordering). Do not sit on any upholstered furniture or the bed. Carry only items that are essential to the visit and leave items that are made of fabric in your vehicle. Avoid placing anything on upholstered furniture, bedding or on carpeted flooring.

Post-Visit Precautions:

If you are wearing booties, remove them when you return to your vehicle, seal them in a plastic bag, and dispose of the bag before getting in your car. Bring a change of shoes to keep in your trunk and seal the shoes you wore in the facility in a large zip lock bag, or sealable plastic container. Perform a self-inspection for pests. Pay attention to the inside and outside of shoes, lace holes, socks, leg area and around hands and arms. If you discover a bed bug, or other pest on you, use a wet wipe to capture the insect. 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 arrive home and place your clothes and shoes in the dryer on high for 30 minutes.

"I brought bed bugs home, now what?"

Seal your items in plastic immediately, and take a shower. Once done, wash all items in hot soapy water. Place shoes in a hot dryer for 30 minutes if unable to wash. Dry your clothes on high heat. Always notify your supervisor of the source and situation as soon as possible.

Additional Suggestions:

The following suggestions can also be considered as preventative measures. Keep your vehicle clear of clutter, vacuum routinely, and inspect periodically for bed bug presence. Keep a dedicated pair of shoes for use only in facilities in a sealed plastic container in your vehicle.