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## Youth Shelter Bed Bugs & Lice Education

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# Bed Bugs



<https://www.istockphoto.com/illustrations/bedbug>

## General Information:

- According to the CDC, bed bugs are small, flat parasitic insects that feed on human blood while they sleep
- Appearance: reddish-brown in color, wingless, and can range from 1mm-7mm
- Lifespan: up to several months
- Spread: easily and quickly by hitching a ride from an object (clothes, luggage, furniture, etc.)
- Can be found around/near areas where people sleep
- Can be found on buses, trains, or other means of public transportation and recreational areas
- During the day they typically hide in areas such as: seams of mattresses, box springs, bed frames, headboards, dresser tables, inside cracks or crevices, behind wallpaper, or other areas where there is clutter
- According to the CDC, bed bugs have been shown to travel over 100 feet at night but tend to live within 8 feet of where individuals sleep
- According to the CDC, bed bugs are not known to spread disease and do not pose serious medical threat

## Prevention:

- Reduce the number of places bed bugs like to hide out – cleaning up cluttered spaces
- Using special mattress covers
  - o Bed bug blockers mattress covers – can be found on Amazon ranging from \$20-50 dollars per cover – make sure those mattresses have good reviews and are bed bug tested
- Heat-dry clients belongings when they enter the facility if they are staying in the pods/longer than a day
- Wash and heat dry bedding on a regular basis
- Regular vacuuming of spaces – rugs, floors, furniture, bed frames, under beds, and all cracks and crevices throughout each room
- Regular inspection for signs of bed bug infestation

## Signs/Symptoms:

- Tiny spots of blood on the mattress or sheet cover
- Tiny eggshell or pale-yellow eggs on mattress or sheet cover
- White apple-seed sized eggs
- Rusty colored or black period sized dots (blood filled fecal material)
- Sweet musty odor
- Bed bug bites on skin that was exposed when sleeping

- On lighter skin colors bites will appear to be red



<https://croach.com/blog/bed-bug-bites/>

- On darker skin colors bites will appear to be purple



<https://www.clevelandclinicmeded.com/medicalpubs/diseasemanagement/dermatology/bugs-bites-and-stings/>

- Individuals with bite markings will be itchy and typically are unable to control their scratching.
  - If additional areas of skin are red and uncontrollably itchy, additional medical consultation and help may be required due to possible allergic reactions from the bites

## Treatment Options:

- **Non-Chemical Options:**
  - **Heat treatment:** You can use a clothes dryer on high heat. You can also use black plastic bags in a hot, closed car in the sun, but success depends on your climate and other factors. Do-it-yourself heat treatments might not work. Professionals have access to more intensive and proven methods that can even treat whole houses with heat. Do not try to kill bed bugs by increasing your indoor temperature with a thermostat, propane space heater, or fireplace - this does not work and is dangerous.
  - **Cold treatment** may work, but can only be successful in the home environment if the freezer is set to 0° F. Many home refrigerator freezers are not cold enough to kill bed bugs. You must leave the items in a sealed bag in the freezer at 0° for three days. Always use a thermometer to check the temperature, since home freezers are not always set to 0°.
  - **Steam cleaners** (wet or dry) can get into cracks and fabrics to treat carpets, baseboards, bed frames, and other furniture. The steam temperature must be at least 130° F but should not have a forceful airflow, or it may cause bed

bugs to scatter. Use a diffuser to prevent scattering.

- **Chemical Options:**

- For severe infestations that require use of chemicals, it is best to inquire a professional license pest control company to handle those chemicals to ensure safety and proper use of it.
- Refer to king county website for specific questions to ask and find credible pest-control companies  
<https://kingcounty.gov/en/legacy/depts/health/environmental-health/animals/bed-bugs>

# Lice



<https://www.istockphoto.com/illustrations/lice-treatment>



## General Information:

- According to the Mayo Clinic – lice are tiny, wingless insects that feed on human blood
- Spread: person to person through close contact and sharing personal belongings (hats, scarves, coats, brushes, towels, etc.)
- Lifespan: less than 1-2 days (if they are not on a host)
- According to the CDC, head lice should not be considered a medical or public health hazard, they are not known to spread disease

## Prevention:

- Avoiding close head-to-head contact
- Avoid sharing clothing – hats, scarves, coats, etc.
- Avoid sharing personal objects – brushes, towels, other hair products
  - o If sharing products is occurring – soaking them in hot water (130 degrees) for 5-10 minutes can prevent spread of lice
- Avoiding lying on beds, couches, pillows, or carpets that have been in contact with an infected individual
- Machine wash and dry clothing, bed lines, and other items regularly
- Vacuum the floor and furniture on a regular basis

- General sanitation of the public spaces on a regular basis

## Signs/symptoms:

- Intense itching
  - o Head, body and pubic area scratching
- Red areas with possible scabs or infections
- Feeling of tickling in areas with hair
- “Sesame seeds” present in hair, body/body hair, pubic area and/or clothing
- Lice eggs on hair
  - o Typically present around the ears and the nape of the neck
  - o May be mistaken for dandruff but are not easily brushed away; they will stick onto the hair shafts.
- Sores on body from itching
  - o Problem areas may include neck, head, any body areas with hair
- Irritability and insomnia
  - o Lice are most active during the nighttime



<https://parenting.firstcry.com/articles/head-lice-baby-child-get-rid/>

## Treatment:

- Encourage clients to use anti-lice shampoo during their first shower after coming in from sleeping outdoors (Lice are just as attracted to dirty hair as there are to clean hair, sometimes clean hair even more, so simply washing will not prevent infection.)
  - o Lice shampoo should only be used when lice infestation is suspected. Due to strong chemicals in the shampoo, there is no need to always use it (however it should be used as a preventative method to those clients that are not residents and are not sure if they do or do not have lice)
- OTC medication
- Before applying treatment, it may be helpful to remove clothing that can become wet or stained during treatment.
- Apply lice medicine, also called pediculicide, according to the instructions contained in the box or printed on the label. If the infested person has very long hair (longer than shoulder length), it may be necessary to use a second bottle. Pay special attention to instructions on the label or in the box regarding how long the medication should be left on the hair and how it should be washed out.



## EEK! BED BUGS!

THINK YOU HAVE A BED BUG BITE OR BED BUGS IN YOUR LIVING SPACE?

LET THE STAFF KNOW AND REVIEW INFO BELOW ON HOW TO PREVENT THEM IN THE FUTURE



LET THE STAFF KNOW YOU THINK YOU HAVE BED BUGS AND ASK FOR ASSISTANCE

### HOW TO PREVENT THEM

- CLEAN UP CLUTTER AND TRY TO KEEP YOUR SPACE CLEAN
- WASH AND DRY CLOTHING OFTEN
- WASH AND DRY BEDDING OFTEN
- VACUUM YOUR SPACE ON A REGULAR BASIS
- INSPECT YOUR SPACE FOR BED BUGS



BED BUG BITES

BED BUGS

### SIGNS AND SYMPTOMS

- TINY SPOTS OF BLOOD ON MATTRESS OR SHEETS
- TINY EGGSHELL OR PALE-YELLOW EGGS ON MATTRESS OR SHEETS
- WHITE APPLE-SEED SIZED EGGS
- RUSTY COLORED OR BLACK PERIOD SIZED DOTS
- SWEET-MUSTY ODOR
- BITES ON SKIN LIKE ABOVE
  - LIGHTER SKIN COLOR- BITES WILL APPEAR RED
  - DARKER SKIN COLOR- BITES WILL APPEAR PURPLE
- BITES WILL BE ITCHY!

SCAN THE QR CODE FOR MORE INFORMATION FROM THE CDC ON BED BUGS



# YIKES NO LICE!

## WHAT IS LICE

Lice are tiny insects that feed on human blood. It is spread through

- Head-to-head or body-to-body contact
- Sexual transmission
- Using furniture recently used by an infested person

## THREE TYPES OF LICE

Head Lice



Pubic Lice



Body Lice



## SIGNS TO LOOK FOR

**Intense Itching** of scalp, body, and/or pubic hair

**Tickling feeling** in hair

**Lice Eggs** on hair shafts that can't be brushed out

**Sores** on the scalp, neck, and shoulders

**Bite marks** around the body

## HOW TO TREAT

Lice require **Special treatment** and can not be killed with just shampoo and lice. Some ways to treat include

- Over-the-counter lice shampoo
- Comb out lice with a fine tooth comb and olive oil

**Ask Staff For Help!**

## HOW TO PREVENT

- Avoid Head-to-head contact
- Don't share clothing such as hats and coats
- Avoid sharing brushes and combs
- Avoid furniture that has been recently used by an infected person

**SCAN THIS QR CODE TO LEARN MORE ABOUT LICE FROM THE CDC**



*SCAN ME*

