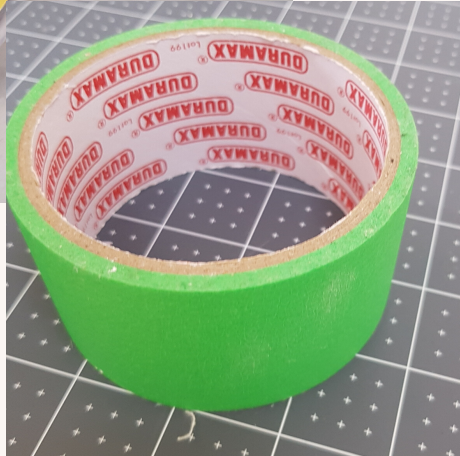


HOW TO MAKE YOUR OWN STICKY BED BUG MONITORS



You can use Double sided tape, or any type of tape will work. The stickier the better!

For double sided tape, you just put it on the legs of your bed frame.



If you do not have double sided tape you can use painters tape or masking tape.

If you are using masking tape you will need to fold the tape on its self so that the sticky side faces out.



Wrap the tape around the leg of your bed frame with the sticky side out. If you are using masking tape and folded the tape over be sure to press the tape as flat as possible and pull it tight around the leg of the bed frame. The trick is to not let the bed bugs get under the tape.

As an additional measure you can put sticky tape on the floor around the perimeter of your rooms. This will potentially keep bed bugs out of your walls.



It is important to make sure that your blankets do not touch the floor or the walls. Over hanging blankets and sheets act as a way for Bed Bugs to climb up and down your bed and can by-pass your traps.

Replace every few days. Place used tape in a plastic bag and tie. Throw out in garbage outside your home.

This is a guideline only, check official sources for complete health and safety information