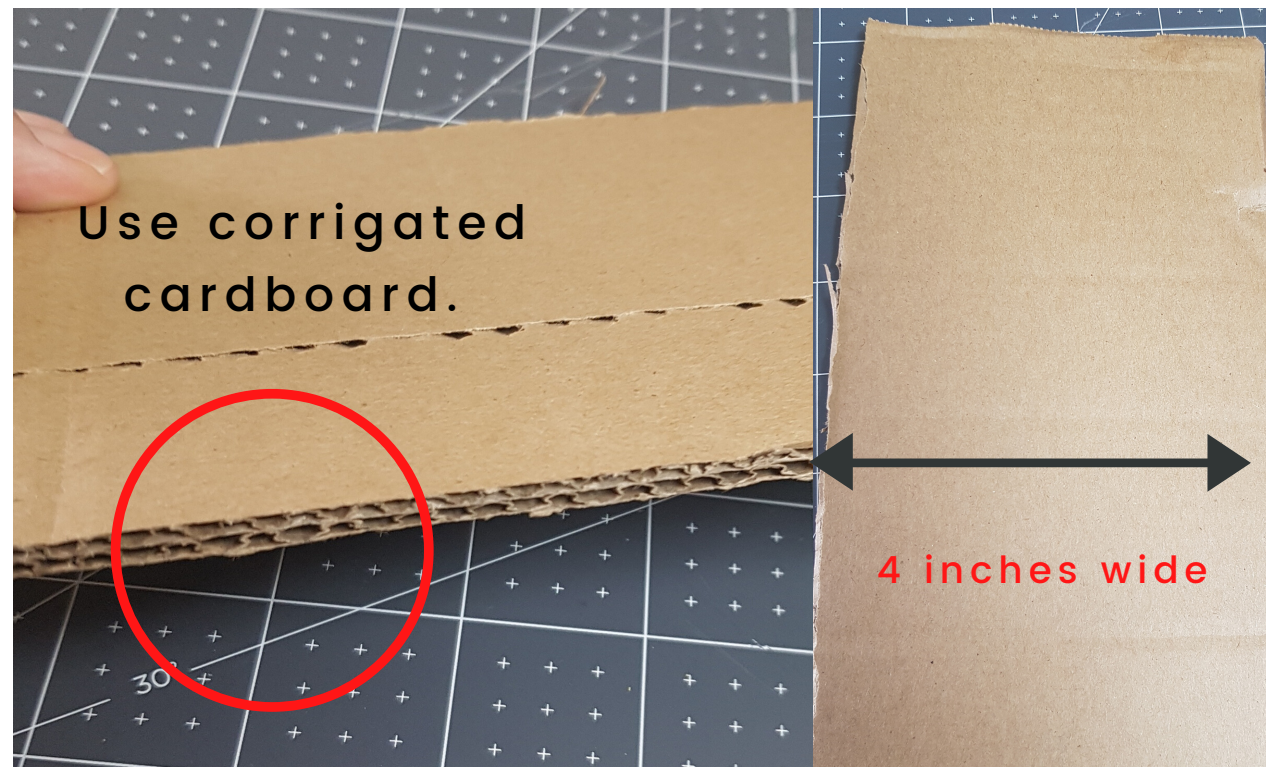
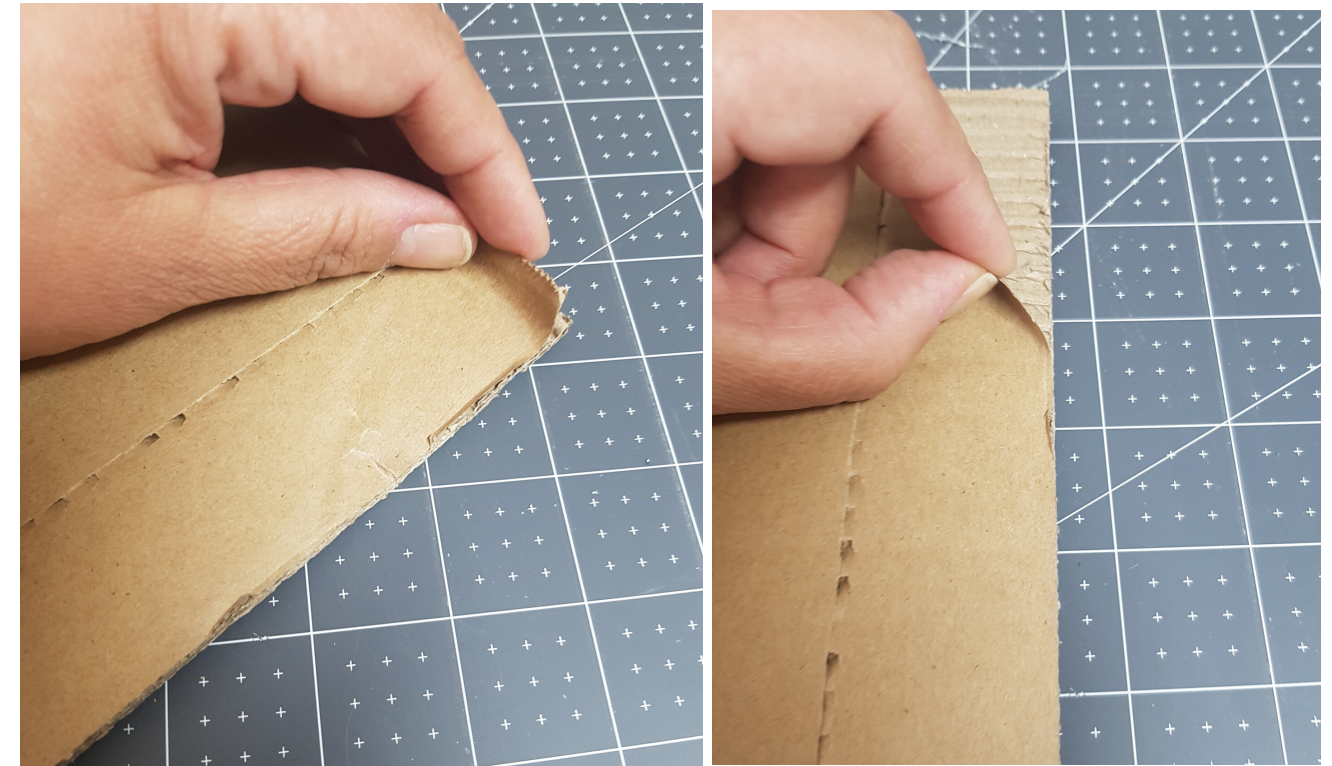


# HOW TO MAKE A CARDBOARD BED BUG MONITORING BOARD



Start by cutting strips of cardboard 4 inches wide. The cardboard can be as long or as short as you like. Be sure to use cardboard from your own home.



Score the cardboard one inch from one side. You want to gently peel the top layer of cardboard back to reveal the corrugated ridges.



This is what your finished trap should look like.



Place your trap inbetween your mattress and the boxspring. Be sure to leave the exposed corrugated cardboard exposed.



Be sure that your blankets are NOT hanging over the traps! Bed bugs will by-pass the traps and travel right up to your mattress.

Replace every few days. Place used boards 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  
<https://www.winnipegbedbugheating.com/collect-a-bed/>