

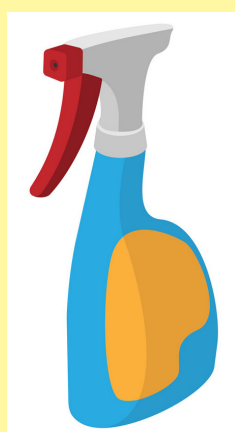
HOME REMEDIES TO KEEP BED BUGS AT BAY

DIY TIPS TO HELP DEAL WITH AN INFESTATION DURING COVID-19



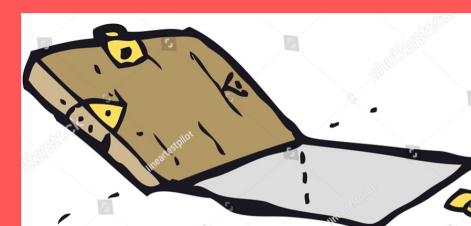
VACUUM

Vacuum, vacuum, vacuum!! Vacuum every few days while battling an infestation. Vacuum mattress, and soft furniture like sofas and cushy chairs. Start at the top slowly make your way downward, paying attention to the carpet, floors and any cracks in the surfaces. Check electrical appliances and even your laptop for signs of an infestation. When you're done vacuuming, discard of the vacuum bag outside, as far away from your home as possible.



SPRAYS

The alcohol will kill bugs on contact. Pour it in a spray bottle and spritz away. Or you can use essential oils such as Tea Tree Oil. Add Tea Tree Oil and water to a spray bottle. Use 15-20 drops. * DO NOT USE TEA TREE OIL IF YOU HAVE PETS* Spray all surfaces soft or hard with either solution.



DIY MONITORING BOARDS

DIY Sticky monitor boards with double sided tape. Sticky tape can be put on the legs of your beds or around the perimeter of the room. Double sided tape is tape that is sticky on both sides. you can find it at a hardware store or even at the dollar store. You can also use Cardboard monitor boards. It is thought that Bed Bugs like materials such as cardboard. Card board monitoring boards go between your mattress and box spring



DIY DEFENDERS

Defender cups. You can make your own defender cups with clean plastic containers or tin cans and cornstarch or baby powder.



HEAT

Wash your clothing on the hot water setting of your washing machine. If you are not able to both wash and dry your items, then you can run them through the dryer for a minimum of 45 minutes.



BLANKETS

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

SEE OUR TUTORIALS ON HOW TO MAKE YOUR OWN TRAPS AND DEFENDERS

THIS IS A GUIDELINE ONLY, CHECK OFFICIAL SOURCES FOR COMPLETE HEALTH AND SAFETY INFORMATION