

DO-IT-YOURSELF BED BUG PITFALL TRAP

You'll need:

- A small, plastic container that will fit under a furniture leg
- A larger, plastic container that the small container will fit inside
- Rough-surfaced tape, such as masking tape
- Glue, preferably a hot glue gun
- Optional: Square piece of tile or plywood



Step 1 – Cut four pieces of rough-surfaced tape and press them onto the inside of the small container. The tape should reach from the bottom of the container to the top edge of the container.



Step 2 – Wrap the rough-surfaced tape around the outside of the larger container so that the entire surface is covered from the bottom to the top edge of the container.



Step 3 – Glue the smaller container inside the larger container. Make sure that the edges of the containers do not touch.



Step 4 – Move the furniture to be protected away from the wall and place a trap underneath each leg. Items on the furniture, such as blankets or electrical cords, should not be touching the floors, walls, or other furniture.

Optional – To make the bed bug trap more sturdy, glue the trap to a square piece of tile or plywood. This is especially useful if the trap will be used in a carpeted area. The tile or plywood will prevent the trap from breaking under the weight of the furniture.

TIPS

Traps can be used during an active bed bug infestation to trap any bugs coming from or going to the furniture.

Traps can also be used as a monitoring tool if you do not have an active infestation. The traps will provide early warning of bed bugs in your home.

Furniture may be used regularly when the pitfall traps are in place.

Traps can be used indefinitely as long as they are in good shape and are not broken.

For More Information

- Do-it-Yourself Bed Bug Control Guide
<https://anthc.org/what-we-do/community-environment-and-health/healthy-homes>
- Virginia Dept. of Agriculture and Consumer Services
<vdacs.virginia.gov/pesticide-bedbug-fact-sheets.shtml>
- Centers for Disease Control and Prevention
<cdc.gov/parasites/bedbugs/index.html>
- U.S. Environmental Protection Agency
<epa.gov/bedbugs>
- University of Minnesota
<bedbugs.umn.edu>
- University of Florida, IFAS Extension
<solutionsforyourlife.ufl.edu/bed-bugs>



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Community Environment and Health

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

4500 Diplomacy Drive, Anchorage, AK 99508

(907) 729-4043 // air@anthc.org // anthc.org