

House Dust Mites

QUICK STATS:

Color: Off-white-Tan

Shape: Bean Shaped

Size: 1/75 Inch



OVERVIEW

House dust mites have received much attention in the early 1990s and again recently. The house dust mite is nearly impossible to see without magnification and is named for the fact that they feed on dead skin shed by humans as well as other protein materials.

HABITS

The most common area for finding mites is in the bed due to abundance of dander. House dust mites may also be found in living areas especially carpet, furniture, and clothing. Several home test kits are available to test for dust mites. House dust mites feed on dander (dead skin which is shed) from humans and animals. They may also feed on protein based foodstuffs, preferring dried products over products with moisture.

THREATS

People may be allergic to house dust mite cast skins and droppings. These reactions will not be a rash type of reaction but rather a respiratory constriction, a common symptom of asthma. Itchy, watery eyes may also be symptoms. Approximately 50-80% of asthmatics may have symptoms due to house dust mites.

PREVENTION

- Frequently change bed linens. If house dust mites are a serious problem, mattress encasement with a cover tested for house dust mites may be helpful
- Vacuum areas frequently using a HEPA filter vacuum
- Keep humidity low when possible; heating or freezing infested fabric may help
- If asthmatic, avoid playing with children or animals on a carpeted area
- This is not a pest which can be controlled easily; a professional pest management firm can inspect and identify mites in living areas and provide further guidance on control.
- There are very few products available for the control of house dust mites.

DID YOU KNOW? House Dust Mites

- is nearly impossible to see without magnification
- Females lay up to 80 eggs and there are several stages of immature. Populations can explode during humid months as mites are excellent at absorbing moisture from the air.