

The Dust Mite Invasion

Recent studies show that approximately 55% of the U.S. population suffers from allergies. House dust mites are a common cause of asthma and allergic symptoms worldwide. A typical house dust mite measures .016 of an inch in length and .0088-.013 of an inch in width. Both male and female adult dust mites are creamy blue and just barely visible against a dark background in normal light.

House dust mites are found in most homes. Fortunately, these eight-legged creatures are not parasitic and do not bite. The concern about dust mites is people are allergic to them. Symptoms associated with dust mites include sneezing, itchy, watery eyes, nasal stuffiness, runny nose, stuffy ears, respiratory problems, eczema and (in severe cases) asthma. Many people notice these symptoms when they stir dust during cleaning activities. The dust mite allergen is the tiny feces and body fragments of these unwanted household guests. These particles are so small they can become airborne and inhaled when dust is disturbed. To thrive, dust mites need warm temperatures (75-80 degrees F) and high humidity levels – 70-80 percent relative humidity.

What actions can we take to eliminate dust mite allergens? Some of the most common and easiest ways to reduce your dust mite population are as follows:

- Wash or dry clean all bedding weekly. Remember to clean blankets, comforters, pillows and bedspreads as often as possible. Cove Cleaners provides award winning dry cleaning and laundry services which use the proper cleaning solutions and equipment temperatures to kill and remove dust mites.
- Vacuuming, regularly, your carpets, furniture, draperies and other household textiles will help reduce your dust mite population. But vacuuming with the wrong equipment can also result in increasing dust

mite volatility by throwing them into the air. Vacuums with a water filter are preferable to those with a disposable paper bag and there are vacuums with highly efficient filters (HEPA) designed for use by people with allergies to dust. It is better to vacuum thoroughly once a week rather than lightly on a daily basis. Vacuum mattresses and padded furniture thoroughly; 20 minutes for each mattress is not too long. Cove Cleaners provides maid services to meet all of your household cleaning needs. We also provide expert carpet, tile and hardwood floor cleaning. You will be amazed with how clean your home will look. And we provide full service drapery and blind cleaning including take down and rehanging services. You should have your carpets, rugs, draperies and blinds cleaned at least once a year.

- If you have significant allergy problems consider enclosing your mattresses and pillows in plastic to decrease dust mite populations in the bed. Replace feather pillows with synthetic ones.
- Pets with fur or feathers contribute to the dander in the dust and increase food sources for mites. If you are a pet lover, locate their sleeping quarters as far from yours as possible and furnish their sleeping area so it can be cleaned easily. Hardwood, tile, or vinyl floors with washable area rugs are ideal.