

# DUST MITE FACTS

## DID YOU KNOW?

Many people are allergic to things like their furry pets, dust, and smelly socks (just kidding on that last one).

But the most common thing people are allergic to in the home is dust mite allergen.

This dust mite image is hundreds of times larger than an actual dust mite. In fact, several of them could fit on the period at the end of this sentence.

Dust mites live in almost everyone's bedding, pillows, and mattresses. There are some people who are allergic to the waste material left behind by these creatures. Gross, huh?

Dust mites are very sensitive to dry air and light, so keeping the humidity level low can actually kill them.

Dust mites do not have eyes; they don't need them. All they need is a warm, moist environment to feed on you - well, actually they feed on the dead skin cells which flake off your body everyday.

## SUPER POWERS:

Irritates your nose, eye, and lungs, leading to congestion, coughing, and itching.

## SECRET HIDEOUTS:

Lives on your bed, in your pillow, or even on your favorite chair.

## LET US HELP!



Call us at 864-582-2900 or visit us on the web at [www.spartanburgent.com](http://www.spartanburgent.com).

## THE BEST DEFENSE

Your doctor can determine if you are allergic to dust mites and prescribe medications or immunotherapy to control your reactions.

Encase your pillows, mattresses, and box springs in comfortable, zippered mite-proof covers to reduce your exposure. Also, wash all bedding in hot water.

