

**Can you see dust mites?**

No, they are so small (0.3mm) that you need a magnifying glass to see them. If you do see mites without any magnification, they could be a different kind of mite?

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**Where do I start to get rid of house dust mites - what's steps are most important?**

Doctors recommend starting with the bedroom first. Cover mattresses, pillows and duvets with 'efficient' anti-mite micro-porous material. Remove carpets and clutter. Do not make your bed but air it all day long to reduce moisture from sleep.

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**How do house dust mites get into my bed in the first place?**

Mites are able to travel about by clinging to material, fur, feathers or anything that will give them a place to hide and a ride to a new home. Socks, soft toys or night clothes can transport mites to a bed.

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**Do I have to cover all the bed and bedding? It's very expensive.**

If cost is an issue, it's best to cover the mattress and pillows first. Make sure to regularly hot wash all bedding (duvets too) to get rid of mites and their eggs.

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**What is the best way to be sure that house dust mites will not come into my bed?**

First is to understand how the mite lives and then take measures to make sure a mite is not welcomed in your bed. Cover your mattress, pillows and duvets with micro-porous material. Remove carpets and clutter. Do not make your bed but air it all day long to reduce moisture from sleep

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**What is an 'old' mattress? How old is old?**

Over 2 years old. However if the mattress has not been in humid conditions it may not be a home for house dust mites. A simple 'dust' test will give you an answer.

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**Why isn't just vacuuming my mattress good enough to get rid of house dust mites?**

House dust mites hide away from the light and burrow into the mattress clinging on with powerful hooks and suckers on each legs. However, vacuuming the mattress will reduce some of the dust that mites live on.

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**Do I have to treat all of the beds in my home?**

Doctors recommend that all beds be made anti-mite beds.

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**How can I tell if there are mites in my bed?**

There is a dust sampling kit that can be purchased for this job.

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**Do house dust mites live in hair? Is this how they can travel about?**

Yes, a mite will live in unwashed hair and transfer to a pillow if the opportunity presents itself. Regularly washing of hair easily removes opportunistic mites and their allergens.

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**We live in a furnished flat. Whose responsibility is covering the bed?**

You need to talk to the landlord. To ensure the safety of tenants should be in the landlord's interest.

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**There are different qualities of mattress covers available and different prices. Do they all work?**

Check with the manufacturers for clinical proof and read all labels carefully.

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**Can mites live on top of covers?**

Yes, if left undisturbed with moisture and plenty of food mites will multiply on the top of a micro porous cover. It is important to dust the covers regularly to prevent this from happening.

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**Are there hotels that are safe?**

It is best to ring the hotel that you are planning to stay in and ask if they have any low-allergen rooms. Then ask if the beds are covered against mite

infestation.

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**If I put micro-porous covers on a pillow, does it have to be new?**

It is best to have new pillows for new micro-porous covers. Or have expensive pillows dry cleaned before covering.

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**Does anyone make micro-porous covers for scatter cushions?**

Not to our knowledge. To kills mites that may have infested scatter cushions or soft toys place them in the freezer for 24 hours and then immediately into a ?hot? drier for 10 minutes ?follow this by washing in a hot wash.

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**By taking steps to cover the mattress, pillow and duvet how soon will I notice a difference in my child?s health?**

This will depend upon your allergies. What you are doing is practicing good sleep hygiene ? or sleeping in a safe environment - a recommended step forward to healthy living.