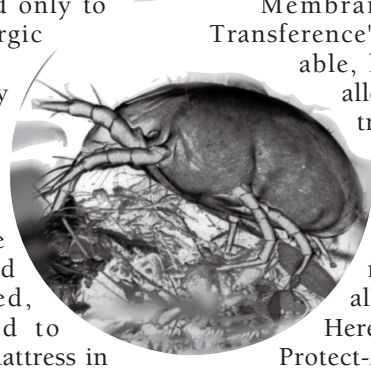


They thrive in furniture

How to get rid of dust mites

Allergy symptoms like sneezing, watery eyes, nasal congestion, red skin and respiratory problems may be caused by the disintegrating bodies and waste droppings of microscopic dust mites. Research data shows that dust mites in the home are second only to pollen for causing allergic reactions.

Dust mites are tiny organisms related to spiders and ticks. By feeding on the hair and skin we shed, they thrive in warm, humid areas like the sofa, easy chair, and mainly in beds. Indeed, you may be surprised to know that the average mattress in the cleanest home may be probably hosting a colony of two million mites, or more.



What To Do?

To get rid of dust mites effectively, let's start with the bedroom.

"No one likes to think that we sleep with all those creepy crawly organisms all the time," says Carol Weinstein of Protect-A-Bed, the mattress protectors chosen by leading hotels across North America. "These specialty covers are designed to deprive dust mites of heat and moisture that cuts off their lifeline immediately." Protect-A-Bed products are officially labelled as Class 1 medical devices' by Health Canada and are available in department stores and specialty bedding stores across Canada. For a retailer near you, visit [\[tected.com\]\(http://tected.com\).](http://www.pro-</p></div>
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"Take a look at the Elite mattress protector" Weinstein continued. "It is a breathable, ultra-thin, double-sided terry protector, featuring the trademarked and patented 'Miracle Membrane with Total Heat Transference' formula. "This remarkable, leading edge technology allows heat and moisture to transfer out of the mattress and pillows while it keeps liquids from seeping in— and most importantly, you get a restful, comfortable and allergen free sleep."

Here are some more tips from Protect-A-Bed to help reduce dust mite allergens everywhere in your home:

- Reduce Humidity: Keep the indoor environment cool and dehumidified.
- Wash: In hot soapy water, wash bed linens every week.
- Vacuum: A powerful, high filtration vacuum cleaner is an important tool once a week, for managing their droppings and body particles.
- Mattress Protector: Use a mattress protector to reduce your exposure and control the population growth of dust mites.
- Remove Attractants: Get rid of stuffed toys that will allow dust mites to reproduce and flourish in your bedroom
- Dust: By dusting you deprive dust mites of their food supply

—News Canada

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