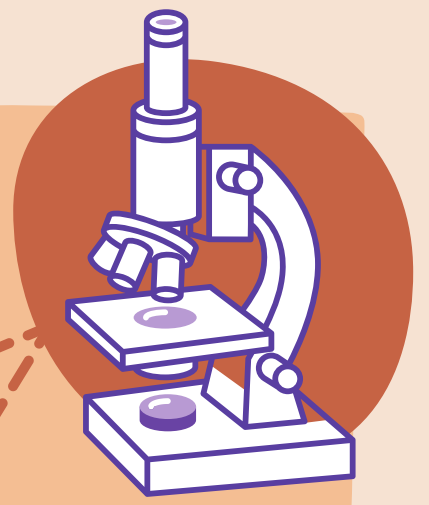


Source: <https://carpetcleaninggatineau.com/mattress-cleaning/>

DUST MITES AND ASTHMA

How do Dust Mites trigger asthma attacks?

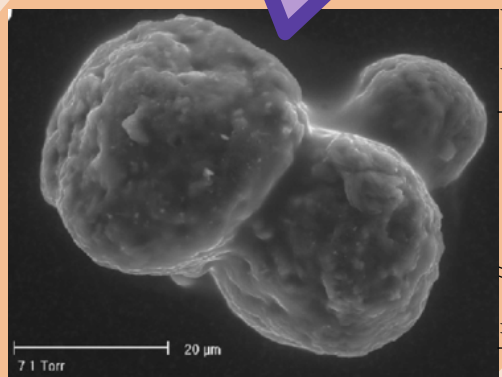
Dust mites are too small to see unless you use a microscope!



Source: <https://pesthacks.com/what-do-dust-mites-look-like/dust-mites-pictures-adult/>

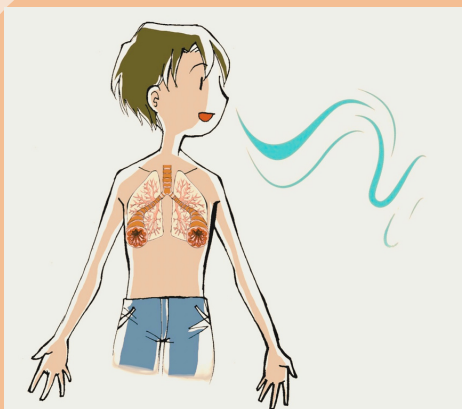


Each Dust mite makes 20 droppings (poops) every day!

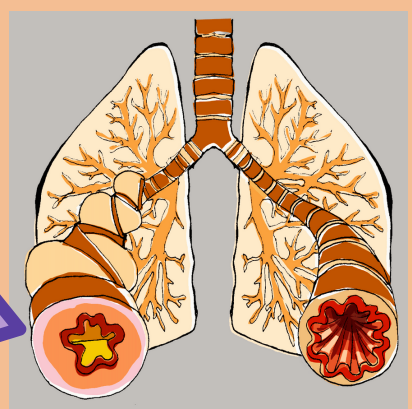


Source: https://www.researchgate.net/figure/Images-of-dust-mites-eggs-and-feces-Copyright-O-Mission-Allergy-Inc-Used-with_fig4_259142701

These droppings float in the air and we breathe them into our lungs



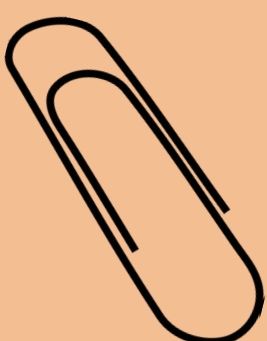
in the airways, they cause swelling that can lead to asthma attacks!



DUST MITE FACTS

What to clean and why!

1,000 dust mites can live in one gram of dust!



A paperclip weighs one gram

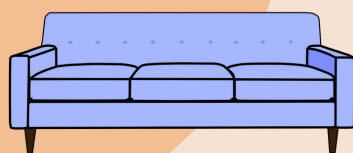
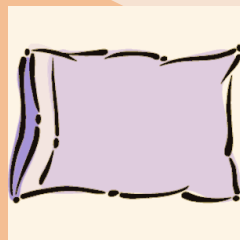


Source: <http://news.bbc.co.uk/2/hi/health/6669551.stm>

Dust mites eat the dead skin cells that humans shed.

We shed 1,000,000 skin cells everyday!

beds, pillows, carpets, and upholstered furniture are where you can find lots of dead skin and dust mites!



Cleaning can lower dust mite levels and help control asthma



Wash bedding weekly in hot water.

Wash pillows every 6 months.



Vacuum carpets and upholstered furniture weekly.



Damp dust regularly.