

Title:

Are you in Bed with 8 Legged Freaks!

Word Count:

570

Summary:

They are tiny. They are dirty. There are probably thousands if not millions of them in bed with

Keywords:

adjustable-bed, adjustable-bed-caveat, adjustable-bed-mattress, dust-mites, mattress

Article Body:

They are tiny. They are dirty. There are probably thousands if not millions of them in bed with

Dust mites make their home in mattresses, pillows, blankets, quilts, carpets and fabric coverings.

The bedroom is an area that has an environment that the dust mite loves. An adjustable bed, or

Why do they love to get in bed with us ? Because most animals, including humans shed skin flakes

Dust mites are related to the Spider and they have eight legs, but no eyes and no antennae . F

How do you Control Dust Mites ?

\*Pesticides are not approved for control of house dust mites because they can damage to you as

\*Replace feather and down pillows with synthetic fillings.

\* Enclose the mattress top and sides with a special synthetic cover.

\*Vacuum your mattress thoroughly especially the base and head of the bed.

\*Keep the mattress as dry as possible; dust mites like it damp, especially with sweat.

\* Change and wash pillowcases, sheets, and under blankets regularly.

\*Vacuum the bed base and around the covered mattress weekly.

\*Wash all bedding frequently in hot water (60oC weekly). Wash curtains regularly as well.

\*A dehumidifier helps because house mites need high humidity to live and grow

\*Throw the bed-clothes back and open the windows wide, to have a good blow through. When you m

Where Children Sleep

\* Keep toys that will accumulate dust out of the child's bedroom

\* Avoid stuffed toys

\* Use only washable toys of wood, rubber, metal, or plastic

\* Store toys in a closed toy box or chest

\* Avoid upholstered furniture and blinds.

\* Use only a wooden or metal chair that you can scrub. \* Use only plain, lightweight curtains

Good luck on getting these little creepy crawlies out of your life. The last thing you want to

This is a demo version of txt2pdf v.10.1  
Developed by SANFACE Software <http://www.sanface.com/>  
Available at <http://www.sanface.com/txt2pdf.html>