

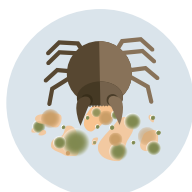
Facts & Figures about House Dust Mites

Our invisible housemates

The house dust mite is found in **100%** of all homes.¹



House dust mite allergy



Daily loss of dead skin cells leads to the growth of mold due to moisture. Dust mites feed on this mold and skin cells.



Dust mites excrete microscopic droppings that dry out. These small particles (feces) become airborne as dust.



When inhaled, these dust particles can lead to allergies and/or asthma.



10% of the world's population is allergic to house dust mites.²

A house dust mite produces up to **200 times** its own weight in droppings during its lifetime.³

An average bed contains **2 million** house dust mites.⁴

The house dust mite

House dust mites are microscopic, spider-like creatures. They are found wherever there is dust and feel most at home in dark, humid places at a temperature between 20 and 30°C.⁶



10,000x magnified⁷

actual size



100x magnified

Living environment

- Mattress
- Pillow
- Bed linen
- Curtains
- Carpets
- Furniture
- Stuffed animals



Allergy complaints

- Watery and itchy eyes
- Waking up with a stuffy or runny nose
- Eczema
- Sneezing fits
- Fatigue, poor sleep
- Itchy throat, tickly cough
- Headaches
- Shortness of breath after making the bed
- Shortness of breath after emptying the vacuum cleaner
- Asthma-related symptoms, such as difficulty breathing, wheezing, or coughing, primarily at night



Life cycle

Females live for 70 days and lay 50 eggs over 6 weeks.¹ Males live for 10–19 days.⁸



The **most common allergy** is a house dust mite allergy.⁵

More than 50% of people with hay fever are also sensitive to house dust mites.³

Read the [full online article](#) about house dust mite allergy

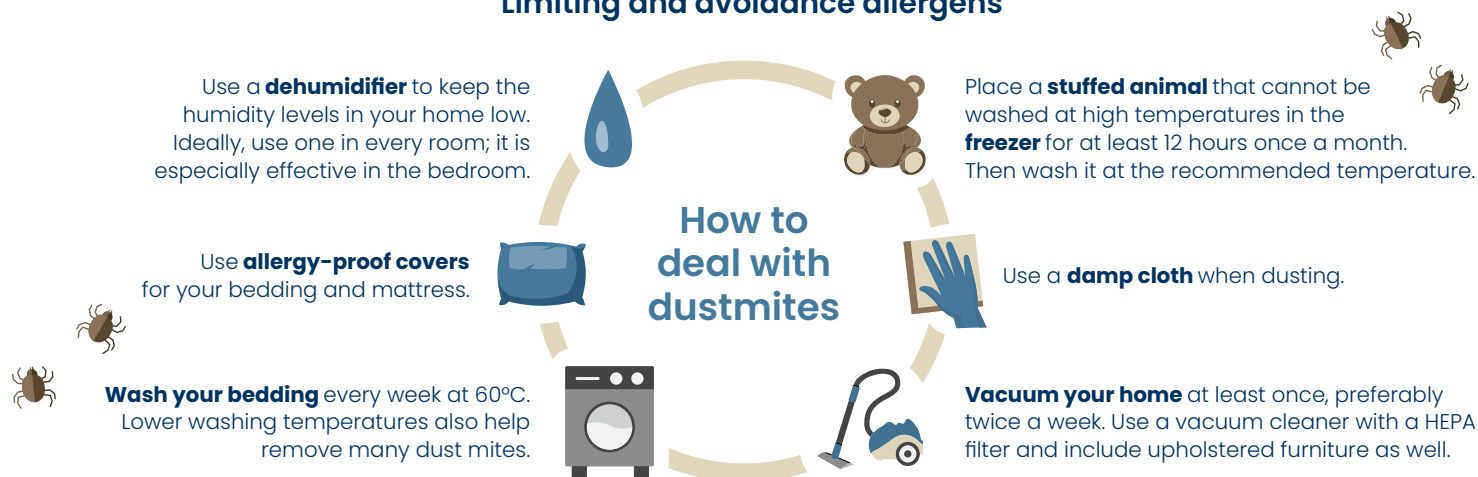


What can you do yourself? Read all about it on [Allesoverallergie.nl](https://allesoverallergie.nl)

What you can do about Dust mite allergy

Avoid, diagnose, and treat

Limiting and avoidance allergens



Dust mite allergy and your sleep

Rinse allergens from your nostrils, sinuses, or eyes before going to bed. Using a 'nasal rinse' can be helpful for this. Nasal rinses are readily available at drugstores. Always carefully read the instructions before use.⁹

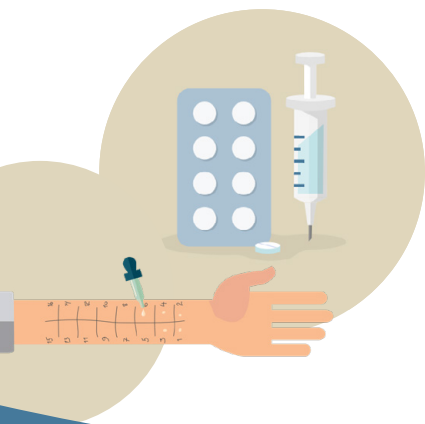


Visit your doctor for a diagnosis and treatment advice

Visit your doctor for a diagnosis and treatment advice. You can prepare for your conversation with your doctor using our handy checklist. Alternatively, [explore options](#) for an online consultation.



Treatment options



Diagnosis

A doctor diagnoses the allergy based on the symptoms and an allergy test, such as:

- **Skin prick test:** Allergens are applied to the skin using a small lancet. After 15-20 minutes, the skin is checked for red, itchy bumps.
- **Blood test:** A blood sample is analyzed in a laboratory. Results are available within 1-2 weeks.

Symptomatic therapy

Medications such as antihistamines and nasal sprays with corticosteroids can provide quick relief from your symptoms.

Allergy immunotherapy

Immunotherapy resets your immune system. You are given small amounts of your allergy trigger, allowing your immune system to learn how to tolerate it.

