EP AKADEMİ

THE SNEAKY ENEMY IN YOUR LIVING AREAS - MITE

Sleeping and breathing properly are the basic requirements of living. Sleep disturbances due to itchy skin, breathing difficulty, nasal congestion, and headache are factors that decrease the quality of life. What could be the main cause of such conditions?

Frequent complaints such as shortness of breath, nasal congestion, watering of eyes, itchy skin, or sneezing may be stemming from mite allergy.

What is Mite?

Mites are organisms smaller than a grain of sand, with a diameter of 0.1 - 0.5 mm, which can only be seen under a microscope. Their ideal living condition is environments with 20-30°C temperature and 60-70% humidity. Mites love hot and humid environments and feed on dead skin cells, hair, scuff, and other organic human detritus.

Main mite types that cause allergic reactions and various conditions in humans are:

- Biting mites
- Scabies mites (causing scabies)
- Dust mites

What are the Diseases Caused by Mites?

10% of the human population and almost 80% of allergic people are allergic to mites and their waste. Inhalation of mites and their stools, causes allergic reactions in many people, such as asthma and inflammation of the nasal mucosa. Itching on the eyes or asthma attacks may occur in people depending on the degree of exposure to mites and their waste.

Main disturbing allergic effects that mites cause are:

- **Chronic rhinitis:** Nasal drainage, sneezing complaints
- **Atopic dermatitis syndrome (eczema):** Redness, itching on the skin, especially on joints
- **Allergic asthma:** Shortness of breath, rapid breathing caused by allergens.

Where Do Mites Live?

Beds are the perfect environment for mites. Mites are hidden in sheets and feed on dead skin cells. However, they also live in furniture, pillows, and carpets. They feed on organic human detritus like dead skin and scuff. Areas such as couch upholstery, carpets, floor coverings, which cannot be washed and rarely cleaned are quite suitable places for mites to live.

Beds, sheets, pillows and pillow covers, bedspreads, carpets, seats and floors in the rooms and public areas are the most suitable places for mites to reproduce and live.

How to Get Rid of Mites

Mite-related allergies can be prevented by scientifically proven environmental controls. There are many ways to get rid of mites and avoid them.

Main methods to destroy mites are:

- Vacuuming all furniture with a vacuum cleaner with high vacuuming capacity, using HEPA filter machines if possible
- Washing bed sheets and mattresses at 60 degrees
- Using antiallergic beds or pillow cases
- Regular ventilation of the environment and reducing the humidity
- Effective cleaning of carpets and upholstery
- Using an effective mite killer product

Figures about Mites

In order to better understand the place and size of mites in our lives, we need to look at the figures related to mites.

- People lose about 3.6 kg of skin a year and these skin particles are an excellent source of food for millions of mites.
- An average bed may contain between 100,000 and 2,000,000 mites.
- One gram (about half a tea cup) of dust contains up to 1,000 mites and 250,000 stool droppings produced by these mites.
- There may be some 100,000 mites in 1 sqm of a carpet.
- Depending on for how many years it has been used, your bed may contain 1 million to 10 million mites.
- A mite can produce up to 1,000 allergenic waste particles over an average 80-day life cycle.
- An average bed doubles in weight 10 years after it was bought as a result of the accumulation of mites.
- The weight of a pillow increases by 10% due to the mites accumulated over a year.
- A single mite produces 20 stools per day and each stool contains a protein that causes allergies in people.
- A bedspread may have between 100,000 and 10 million mites.
- The number of mites in a feather and synthetic pillow used for 2 years is higher than the amount of mold on an average toothbrush.

What is The Size of Risk in Work Places?

As the number and circulation of people in areas such as hotels and offices are higher than that of houses, the mite population is higher in beds, furniture, and carpets in these areas. Consequently, the risk of allergic effects on humans in hotels and offices is higher than houses.

In hotels, the basic factor of customer satisfaction is the cleanliness of rooms. Besides, a comfortable and wakeless sleep has a 100% positive effect on customer satisfaction. Every hotel employee wants to avoid situations in which hotel guests, especially those with proneness to allergies, complain from breathing difficulties, nasal congestion, headache, itchy skin. In order to avoid such situations, areas such as beds, carpets, chairs, and flooring should be treated periodically with a product that kills mites and prevents the reproduction of mites.

Maratem Anti-Mite, the product of Eczacıbaşı Profesyonel, which provides solutions to businesses in the out-of-home consumption field, helps eliminate allergic complaints caused by mites and the risk of asthma and provides long-term protection. Maratem Anti-Mite can be used on surfaces such as a mattress, carpet, rugs, chairs, curtains, car seats, and plush. Maratem Anti-Mite is odorless and does not leave a stain.

Maratem Anti-Mite is filled with acaricide, a nanocapsule active substance made of rubber-like material with a solid core. The active substance is released from a solid core at a certain controlled rate and protects against mites for 3 months.

Eczacıbaşı Profesyonel is aware of the importance of a healthier society and carries out studies to make the living areas more hygienic. In this context, special solutions offered by Eczacıbaşı Profesyonel for businesses ensure hygienic environments and reduce the spread of diseases. Offering customized solutions to its customers, Eczacıbaşı Profesyonel provides training, audit, and consultancy services to businesses with EP Akademi, which provides training to more than 6,000 employees within a year.

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