

# Mites and Bed Bugs



Toolbox Talk #24

## What is the difference between Bed Bugs and Dust Mites?



Bed Bugs



Dust Mites

- Are visible to the naked eye
- They do not jump, nor do they fly
- Attracted to carbon dioxide and body heat we produce
- Feed on blood
- They can easily travel home with from work, so be sure to check your clothing before heading home or entering your vehicle

- Live on dead skin cells
- They thrive in pillows and bedding
- They do not bite
- The faeces and secretions they leave behind can cause many allergic reactions; skin rash, asthma, sneezing, itchy eyes

## How to prevent Bed Bugs and Dust Mites?

- **Vacuum Regularly**
- **Remove Dust**
- **Keep Humidity Low**
- **Check Fecal staining (dark brown or reddish spots) can be seen by the naked eye on bedding, the mattress, and even the walls near the bed**
- **Heavily infested areas smell like coriander**

