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# DUST SHEETS

## THREE PACK

# 12FT x 9FT



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Is plastic dust harmful. Is black plastic sheeting toxic. Ebay plastic dust sheets. Can plastic dust cause cancer.

1 Check your mattress for bedbugs. Bedbugs tend to live and migrate towards mattresses, box springs, bed frames, and headboards. These are small, brownish red insects that are oval in shape. They live off of the blood in animals and humans. Look around the edges of your mattress, the creases of your sheets, and pillowcases. If there is a bedbug problem, you will see a mass of small black bugs ranging from eggs (1mm) to adults (5mm, size of an appleseed). While most are black, some are pearl white, and the size of a pinhead.[1] Bedbugs do not always mass together. Sometimes they are more spread out across the entire mattress or bed spread. In that case, use a magnifying glass to check around the edges of your mattress and sheets. A flashlight can also help in a dim bedroom. Hold your flashlight about 6 inches away from the mattress in order to use the light effectively. Bedbugs do not fly, but they do move rather quickly along multiple surfaces, including but not limited to: ceilings, walls, and fabrics. If the bug you find does have wings, or is flying, the bug is probably a mosquito or a fly, rather than a bedbug. EXPERT TIP Kevin Carrillo MMPC, Pest Control Specialist Kevin Carrillo is a Pest Control Specialist and the Senior Project Manager for MMPC, a pest control service and certified Minority-owned Business Enterprise (MBE) based in the New York City area. MMPC is certified by the industry's leading codes and practices, including the National Pest Management Association (NPMA), QualityPro, GreenPro, and The New York Pest Management Association (NYPMA). MMPC's work has been featured in CNN, NPR, and ABC News. Kevin Carrillo MMPC, Pest Control Specialist People commonly mistake other insects for bedbugs. One of the problems is that when people upload photos to the Internet that are incorrectly labeled, a search engine will still show you that image when you're searching. For instance, you might actually have carpet beetles, cockroach nymphs, shiny spider beetles, or book lice. If you're not sure, send a picture to a professional exterminator. They'll typically let you know pretty quickly whether you're dealing with bedbugs or not. 2 Locate blood spots which are a sign of fecal waste on your sheets and/or mattress. Bedbugs feed for approximately 3-10 minutes a day before they retreat. Small blood spots can occur from fresh wounds (bedbug release anti-clotting agents into their bite) or slight larger spots from rolling onto an engorged bedbug (who then bursts from the pressure). Their fecal matter appears to the human eye as small black specks (the size of a marker dot). This is because they feed on blood, and then that blood dries when it is released by the bedbugs.[2] Often, the bedbug defecates where it originally ate. This includes, but is not limited to, edges of mattresses, creases in bed spreads, and cracks in a headboard. You might have to use a magnifying glass if the excrement is spread out over a wide area (not clumped together). Rub your hand gently over the surface area to see if anything kicks up, or has been embedded. Get near the area you think the bedbugs might be. Put your hand near the potentially affected area and waft your hand. If bedbugs have produced fecal matter you should be able to detect a musty odor from the bedbug's scent glands. 3 Check the mattress for egg shells and case skins. Bedbugs, like all other bugs, mate, reproduce, and shed their skin. When bedbugs mate they can produce hundreds of offspring, which can then lead to the production of a ton of exoskeleton waste products.[3] Look near the edges of your mattress, creases in the bed spread, and the cracks of your headboard. See if there are small, white larvae (1mm, size of a pinpoint) bunched together. Also, look for clear, tan, or dark brown excess skin in those places as well. Because the larvae are small, and the exoskeleton waste is likely to be clear, you will want to use a magnifying glass to detect any potential problems. Run your hand gently over the surface to see if anything has been lodged inward or embedded. If your bed has any brown, black, or red marks on it, this could be because bedbugs have been squashed and killed during the night. 4 Examine your headboard and box spring. While these places are not primary feeding grounds for bedbugs, they are great places for them to live, retreat after feeding, and to reproduce. Cracks and crevices are perfect breeding grounds which need a thorough going over.[4] Remove the dust cover over the bottom of your box spring. Examine the cracks and seams in the wood framing. Use a magnifying glass and a flashlight to inspect the area. Look for black specks (living bedbugs) or pearl white larvae. Peel back the fabric where it is stapled to the bed frame. Check in the crevices and underneath the surface area. Bedbugs love to live and breed where wood frames meet, or where the wood has come to be split apart by age and maturation, so you will want to check there too. 5 Investigate the clutter around your bed. Bedbugs love to hide out in small crevices wherever they can reproduce. These can include books, night stands, telephones, radios, and even electrical outlets.[5] Open up your books that are near your bed and flip through the pages. Check and make sure that there are no black, or dark red specks within the pages. Lift up your radios and telephones. Use a magnifying glass and a flash light to inspect the places where the wooden boards of your night stand are nailed together. Unscrew your electrical outlets. Make sure that when you do so, you first cut the circuit breaker for that particular bedroom. Use a flashlight and see if there are any remnants of bedbugs, whether they be alive, shells, or fecal matter. 6 Scan the edges of your carpet. Different types of flooring like carpeting (tight or loose) or linoleum are great places for bedbugs to hide out. These are also perfect for seclusion which bedbugs need to reproduce. If you can do so, without damaging your carpet/linoleum, peel up the edge. Use a magnifying glass and a flash light to detect any bedbugs, shells, or defecation. Do the same around the floor boards where the wood paneling meets the floor. 7 Probe your closet and clothes. Bedbugs love to live on the fabrics of shirts and pants, especially if they have not been washed in a while. The closet provides seclusion, heat, and yet still easy access to your bed. Go in your closet and inspect your clothes. Rub your hands against the fabric of your hanging clothes. See if any dark black specks begin to release as you apply pressure. You can do the same with your clothes in a dresser drawer. Rub your hands against the fabric. Check with a magnifying glass and a flashlight the cracks and crevices of the inner paneling of the dresser. 8 Survey your bedroom for loose wallpaper and/or peeling paint. These are another great area for bedbugs to roam about. They get seclusion and easy access to your bed. If the bedbugs are not readily apparent, peel back some of the chipped paint and/or wallpaper. Look for tiny white larvae using your magnifying glass. There may be also black specks which pop out as you peel some of the paint and/or wallpaper back.[6] 9 Check your skin for bite marks. Bedbugs generally feed at night (nocturnal) on human flesh in order to extract blood. These bite marks are often mistaken for mosquito bites, but are very different.[7] Inspect your ankles/feet in the mornings. Bedbugs feed on exposed skin, and the ankle/feet area is the part most likely to be exposed at night. However, the marks could occur almost anywhere along your body. Notice whether or not you see bite marks after you wake up in the morning. Bedbugs bite in linear groups of three, as compared to the mosquito which generally only bites once. Bedbug bites appear as a series of small red dots.[8] These bites are mostly painless at first. However, if you notice that they begin to itch after a few days they most likely are bedbugs. The itchiness and swelling can last up to nine days. 10 Call an exterminator. Sometimes bedbugs are hard to find, or not readily apparent. A great thing to do is to call your local exterminator who is trained in the field, to come and inspect the house. He or she will be able to give you an exact answer. 1 Dust with a damp cloth. Dust mites feed on dead skin, dander, and

other things that are found in dust. Therefore, there are there's dust, there are likely to dust mites. A key to eliminating dust is getting rid of their food source, and that means dusting with a damp cloth. Mince the cloth regularly to avoid spreading dust. It's important to use a damp cloth, because a dry cloth, because a dry cloth will just stir up dust and spread dust around the house.[1] The exception is using a dry microfiber cloth since it traps dust instead of spreading it.[2] Items to dust include furniture, shelves, books, decorations, trinkets, pictures, fixtures, and other items that collect dust. 2 Vacuum the entire house. Vacuuming is another great way to get rid of dust, skin, dust mite feces, and other allergens from your house. To avoid spreading dust and allergens, it's important that you use a vacuum outfitted with a HEPA filter that will trap allergens and prevent them from being blown around the house.[3][4] When vacuuming, pay particular attention to floors, baseboards, furniture, carpeting, rugs, and behind and underneath furniture. Bagged vacuums are better than ones with a canister since dust could easily get back in the air when you empty it.[5] Use upholstery attachments to get the seams, crevices, and corners of your furniture. Advertisement 3 Wash your bedding in hot water.[6] Dust mites can be found all over your bedding. Remove the pillowcases, sheets, blankets, and covers from your bed. Place the items in the washing machine and wash them with hot water and the regular cycle. When the washing machine is done, transfer the items to the dryer and dry them on a hot setting. To kill dust mites, the washing machine or dryer must reach between 130 and 140 F (54 to 60 C).[7] 4 Clean curtains and drapes. Dust mites love heavy curtains as much as they love pillows and bedding. Remove curtains and drapes from their rods or tracks and check the care label for washing instructions. For washable curtains, remove any hooks or hangers. Transfer the curtains to the washing machine and wash them with hot water. Transfer them to the dryer or hang them to dry according to the care label. Some curtains may be dry clean only. Take the curtains to a dry cleaner to kill dust mites.[8] You can vacuum blinds and curtains using the brush attachment on your vacuum.[9] 5 Wash toys. Toys, stuffed animals, and other fabric items are great hiding places for dust mites. Collect all washable items and wash them in the washing machine using hot water. Transfer the load to the dryer and dry the items on high heat.[10] 6 Freeze items that can't be washed. There are some items that you won't be able to machine wash to kill dust mites. With these items, you can freeze them instead to get rid of mites. Transfer each item to a separate plastic bag, and seal the bag tightly. Transfer the item to the freezer and leave it there for 24 hours. Good candidates for freezing include:[11] Pillows Special toys Delicate fabrics Advertisement 1 Reduce humidity levels in the house.[12] Dust mites love high humidity. The easiest way to decrease the humidity in your house is with a dehumidifier. You can also decrease the humidity by opening windows on dry days. Always use fans and vents when cooking, showering, and other activities that create steam. By reducing the humidity in your house, you can create an environment that's not ideal for dust mites, and you will slow down how quickly they reproduce. Install a hygrometer to keep an eye on the humidity, and keep the level below 50 percent.[13] 2 Turn down the temperature. Dust mites also love high temperatures. The ideal temperature for them is between 75 and 80 F (24 and 27 C). In winter, set your thermostat to 70 F (21 C), and even cooler in the bedroom if that's comfortable. In summer, use fans, windows, and air conditioning when necessary to keep your house cooler.[14] 3 Spray your home with a disinfecting spray. Disinfectants like Lysol are ideal for killing dust mites, and will make your home inhospitable to them. After your regular dusting, spray the disinfecting spray everywhere that dust tends to collect, including:[15] Corners Baseboards Floors Shelves Curtains Near furniture 4 Use eucalyptus. Certain essential oils, and eucalyptus specifically, are effective at killing dust mites. There are a few ways you can use eucalyptus around the house to make your home unfriendly for dust mites, including: Add 20 drops of eucalyptus oil to your washing machine, especially when you're using a cold or warm water setting.[16] Pour about 30 drops of eucalyptus oil into a spray bottle and fill the bottle with water. Use the spray around the house, including on your bed, furniture, pillows, toys, carpets, and other areas where dust mites live. Advertisement 1 Get rid of clutter. Clutter and unnecessary items around the house attract and trap dust, and this creates a feeding frenzy for dust mites.[17] One of the best ways to get rid of dust mites is to eliminate their food source, and while it's not possible to completely get rid of dust, you can reduce it by throwing out, selling, or properly storing items like:[18] Books Decorations and ornaments Picture frames Trinkets Home accessories Decorative pillows 2 Dust regularly. Regular dusting with a damp cloth is a great way to reduce dust in the house and eliminate food sources for dust mites.[19] Always dust by wiping surfaces with a damp cloth to avoid spreading dust and other allergens around the house. For the best results, dust your entire house on a weekly basis.[20] 3 Wash linens and bedding regularly. Because linens and bedding are dust mites a hot spot for dust mites, it's important to keep these clean. Weekly washing in hot water that's between 130 and 140 F (54 to 60 C) will help to control dust mites in your bedroom.[21] Be sure to wash: Sheets Pillowcases Duvet covers Blankets 4 Get rid of carpeting. Carpets and rugs are among the worst places in your house for harboring dust mites. While regular vacuuming and washing (for small rugs) will help to reduce mite numbers, getting rid of the carpet altogether will be even more effective.[22] When possible, remove carpeting and replace it with: Tile Hardwood Laminate Cork Concrete 5 Replace dust-collecting fabrics with easy-to-clean items. Because things like thick curtains and drapes can house large numbers of dust mites, you can help get rid of them by replacing these items. For instance, you can replace curtains with plastic blinds or wooden shutters, and fabric cushions and pillows with leather or pleather ones. Not only are these items easier to clean, but they also won't attract dust mites the way fabrics do.[23] 6 Groom pets regularly. Pet dander is another huge food source for dust mites. To reduce dander in the house, take your dogs and cats outside daily for a thorough brushing. For dogs, you should also give them monthly baths to reduce dander and fur around the house. Pets can also suffer from dust mite allergies, so keeping them cleaner is beneficial for you both. 7 Use mattress and pillow covers. Mattress and pillow covers are plastic or hypoallergenic fabric envelopes that protect your bed from dust mites, bed bugs, and allergens.[24] The covers encase your mattress or pillows and prevent dust mites from getting in, and protect you from allergens that are already present. To keep these covers clean, wipe plastic ones with a damp cloth and wash fabric ones weekly.[25] 8 Increase the ventilation in your house. Better ventilation means lower humidity, more airflow, and less dust, and all of these are good for controlling dust mites. You can improve ventilation by opening windows, using ceiling and portable fans, and by making use of vents in the house, such as in the kitchen and bathroom.[26] Advertisement Add New Question Question How can you get rid of dust mites in your bed? Scott McCombe Pest Control Specialist Scott McCombe is the CEO of Summit Environmental Solutions (SES), a family-owned local pest solutions, animal control, and home insulation company based in Northern Virginia. Founded in 1991, SES has an A+ rating with the Better Business Bureau and has been awarded "Top Rated Professional," and "Elite Service Award" by HomeAdvisor. Ask a Question Advertisement This article was co-authored by Scott McCombe. Scott McCombe is the CEO of Summit Environmental Solutions (SES), a family-owned local pest solutions, animal control, and home insulation company based in Northern Virginia. Founded in 1991, SES has an A+ rating with the Better Business Bureau and has been awarded "Top Rated Professional," and "Elite Service Award" by HomeAdvisor. This article has been viewed 903,901 times. Co-authors: 17 Updated: August 17, 2021 Views: 903,901 Categories: Pest Control Print Send fan mail to authors Thanks to all authors for creating a page that has been read 903,901 times. "Very easy article to follow. Made specific recommendations regarding solutions to use or request when treating for dust mites. Advice for temperatures in rooms was informative. Obviously dust mites are not easy to eliminate, but all the suggestions and advice were very helpful. Now to download the information! Thanks..." more Share your story

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