

# Playdough Dust Mites

An allergy is when a person is very sensitive to something that is harmless for most people. Some people can have an allergic reaction to things like pollen, dust, nuts, eggs and milk. Dust mites are tiny, microscopic creatures found in the house. They are a common trigger for people with asthma, hay fever or eczema, who are allergic to them.

Dust mites do not bite or sting. However, their poo or skin can cause an allergic reaction for some people. Dust mites like to eat human skin, house dust and other microscopic things like pollen and fungal spores. You can reduce dust mites around the house by changing your bed sheets and pillowcases regularly, opening windows and curtains to allow sunshine and fresh air into the house, and vacuuming the carpet.

## FUN FACT!

Did you know that dust mites belong to the same family as spiders? They are just so tiny that you cannot see them without a microscope!

## Make a dust mite using playdough and craft materials to learn more about these microscopic creatures!



### YOU WILL NEED:

- A ball of playdough for the dust mite's body
- 8 lengths of pipe cleaners for the dust mite's hairy legs
- Short lengths of matchsticks for the dust mite's mouth parts which sit in front of the body

Our researchers have been studying dust mites and their poo to find ways to prevent or stop allergies and find better ways to treat it.

Dust mites do not have eyes or antennae.

