

# HOW TO GET RID OF DUST MITES IN CARPET



Hot water extraction naturally treats dust mites. High heat kills dust mites in carpets instantly, which is why a professional hot extractor machine quickly eliminates them from your carpet(s). Extreme low temperatures also kill mites. If you can freeze your carpet, you can treat the mites within 24 hours. M.C. Shine has worked with individuals who say essential oils with clove, rosemary, and eucalyptus scents also help with dust mites in your carpets, naturally.

## Do Dust Mites Live in Carpets?

Yes, dust mites live in carpet if there is high humidity. They don’t drink water to thrive; they absorb moisture from the air to thrive and reproduce. According to facts on dust mites, at least 2000 dust mites can thrive in one ounce of your carpet. Plus, at least one bed in 80% of homes in the US has dust mites allergens which is why it’s so important to steam clean the mattress regularly too!

## Does Carpeting Cleaning Kill Dust Mites?

Yes and no! Carpet cleaning only kills dust mites if the steam or water temperature is high. Hot water extractor machines heat water up to 230°F. Using a hot water extractor to clean carpets will effectively kill dust mites. Residential hot water extractor machines may not be as powerful as commercial cleaners as they may not heat water to 230°F. Normal water temperature cannot kill dust mites!

## How to Get Rid of Dust Mites From Carpet

Based on the dust mite population in your home and the method you’re using to remove them from your home, it can be easy or extremely challenging to get rid of them entirely. So, how do you kill dust mites in carpet? Freezing or cleaning the carpet using extremely hot steam is the most effective way to get rid of dust mites. Read on as we discuss these and other ways of removing mites from your carpet(s).

### 1. Lower Office or Home Humidity Levels and Temperatures

High humidity and temperatures create a thriving and breeding place for mites. Poor ductwork, leaking windows, and damp crawl areas may raise an office’s or home’s humidity levels. Adjust the humidity levels in your home or office to 50% or less. Use dehumidifiers to lower your home’s temperature to less than 68 degrees Fahrenheit. A temperature between 68 and 77 degrees Fahrenheit creates a great place for dust mites to inhabit and reproduce.

A hygrometer helps determine the current humidity levels so you can make informed decisions to keep humidity levels low by, for example, installing moisture barriers. Keeping the fans and vents in good working condition and the windows and doors open on breezy, dry days also lowers humidity and temperature. You can also use air conditioners. Close vents to rooms you infrequently visit, such as spare bedrooms, to minimize dust mite infestations or reduce their population.

### 2. Starve Mites

No mites will survive or thrive without a food source. Vacuum and clean your carpet regularly to keep it dust-free and mite-free. Certified vacuum cleaners are healthier for home use; they prevent the release of mites and their feces into the air.

### 3. Dust Mite Treatment for Carpet

Buy a treatment from the nearest store and spray away dust mites from your carpet. You may add more disinfectants, but ensure that none of your chemicals harm your health. Most experts prefer washing the carpet using a hot extractor instead of treating carpets.

### 4. Use Hot Water Extraction Method

Vacuuming regularly is helpful, but it won’t eliminate all the dust mites and their waste. A high dust mite population and the eggs may remain deep inside the carpet fibers. The hot water extraction carpet cleaning method helps remove the mites and their eggs because water is heated up to 230°F. Hot water extraction also lowers the chances of mold growth in your carpet which could result in more allergens in your home.

### 5. Natural Oils

Natural oils can treat mites based on the amount and type of concentration used and how long you leave it on the carpet. Clove, rosemary, and eucalyptus are the most effective essential oils for treating dust mites. Their scents repel mites successfully. Some natural essential oils may irritate your skin or poison your pet. Check with the veterinarian to know if the one you want to use is safe for your pets.

## Hire the Experts at M.C. Shine!

Have you tried all or some of the most effective methods of removing dust mites from your carpet without success? It’s time you called in the experts M.C. Shine Cleaning & Restoration making it unbearable for mites to thrive anymore! M.C. Shine has been in operation since 2004. We prioritize your health and well-being by thoroughly cleaning carpets. We use the hot water extraction method to clean carpets. The high temperatures from the hot water extractor kill and remove dust mites and other allergens. Call us at 1-833-MCSHINE for a professional carpet cleaning service and a healthy, mites-free home!



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# NEWSLETTER

APRIL 2025

## MONTHLY TOPIC!

How to get rid of dust mites in carpet. Hot water extraction naturally treats dust mites. High heat kills dust mites in carpets instantly, which is why a

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## DID YOU KNOW?

Emergencies often come without warning, leaving little time to think or act. From natural disasters to sudden accidents, having a clear and reliable

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## SHARE THE GREAT NEWS!

What is a water heater burst and can we help? A water heater burst occurs when the tank of the heater ruptures, causing water to spill uncontrollably

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## TEAM CORNER

### Miss Stephanie Kirchoff



As the CEO, I get the privilege of writing this section. If you know me, you know my biggest pride and joy is my team, and one of our biggest pieces to the success behind this Company is this young lady: Stephanie Kirchoff. Stephanie has been with our company since 2024. She has almost hit one year of employment with M.C. Shine. She is a team leader amongst her coworkers. She works typically on our dayshift at some of our commercial contracted accounts. She is an Environmental Service Technician.

She has earned a couple different certificates with M.C. Shine one of them being "save a life certificate" it's for her blood-borne pathogens certification course. She has also taken and passed her management Institute Cleaning 101 course or the CMI custodial technician certification course.

She has accomplished many great things over this last year with M.C. Shine. One of her biggest wins that I would like to highlight is on a daily basis she truly puts the customers needs first and always goes above and beyond no matter what she is called to do. Out of all of our EVS technicians, she by far gets the most 5 star reviews! She is a true team player and a great team leader! If you happen to run into Stephanie out in the field, give her a high five and tell her to keep up the great work! We are proud to work with you Stephanie on a daily basis!!

-Ryan Rostoni, CEO

## SHARE THE GREAT NEWS!

**WE HEARD YOU LOUD & CLEAR!**

*We are bringing it back for ONE DAY ONLY!*



**M.C. SHINE**

**JUNE 5TH, 2025  
7AM - 5PM**

**TREAT YOURSELF**

*We will be offering*  
**Rug Cleaning\***  
*FOR ONE DAY ONLY*

*50% of the total rug cleaning sales on June 5th between 7 AM and 5 PM will be donated to Operation Transformation*



**Call 1-883-MCSHINE for details**  
*Promo code: newsletter for free deodorizer!*

*Rug drop off will be at:*  
**3841 Pine Grove Ave., Fort Gratiot, MI 48059**

*With additional options to really make your carpets shine:*  
**Deodorization • Sanitization • Protectant ~ or a combination of all 3!! ~**

*\*Rugs we can service:*  
**Wool, Polypropylene, Commercial Rugs, Cotton, Jute, Nylon, Polyester, Silk, Carpet Remnants, Low Pile Shag, and Synthetic Fiber**

**Call to schedule your FREE Window Cleaning estimate!**

**\$\$\$ SAVE YOUR MONEY \$\$\$**

**1 FREE**

APPLICATION OF  
CARPET PROTECTION  
ROOM OF  
YOUR CHOICE

This coupon can't be used with any other promotional offers.

**\$10 OFF**

3 SEAT ONLY  
SOFA  
STEAM  
CLEANING

This coupon can't be used with any other promotional offers.

**\$10 OFF**

RESIDENTIAL  
WINDOW  
CLEANING

This coupon can't be used with any other promotional offers.

**Extra Services That We Offer For Carpet Cleaning:**  
**Pet Treatment/ Sanitize Treatment**

**KEEP IT CLEAN!**

**Health Risks of Dirty Carpets**

**Worsened Allergies**

Uncontrollable and frequent sneezes



**Irritated Skin**

Eczema, or similar rashes & infections



**Weakened Immune System**

Falling ill more often than you should

**Trouble Breathing**

Excess coughing or even Asthma attacks

## DID YOU KNOW?



**EMERGENCIES** often come without warning, leaving little time to think or act. From natural disasters to sudden accidents, having a clear and reliable emergency plan can make all the difference. While it might feel overwhelming at first, creating an emergency plan is a proactive step toward ensuring your family's safety and peace of mind.

### WHAT IS AN EMERGENCY PLAN?

An emergency plan is a set of guidelines your family can follow in case of an unexpected crisis. It ensures everyone knows what to do, where to go, and how to stay safe. Think of it as your safety net - a way to reduce chaos and confusion during stressful situations.

### BASIC STEPS TO CREATE AN EMERGENCY PLAN

#### 1. ASSESS POTENTIAL RISK

Start by identifying the types of emergencies most likely to occur in your area. For instance:

- If you live in a flood-prone area, include flood safety measures.
- For regions with severe storms, prioritize storm preparedness. Knowing your risks helps you focus on the right precautions.

#### 2. OUTLINE A COMMUNICATION STRATEGY

Emergencies can disrupt regular communication channels. Have a plan in place to stay connected:

- Designate a family meeting spot if phones fail.
- Share key contact numbers, including a trusted out-of-town relative who can act as a central point of contact.
- Teach children how to use emergency numbers and provide them with a list of contacts.

#### 3. PACK AN EMERGENCY KIT

Your kit should be easily accessible and include essentials such as:

- Water (one gallon per person per day for at least three days)
- Non-perishable food items
- First-aid supplies
- Flashlights with extra batteries
- Copies of important documents (e.g., IDs, insurance papers) Regularly check and replenish your kit to ensure everything is up-to-date.

#### 4. ESTABLISH EVACUATION AND SHELTER PLANS

Decide on safe exit routes from your home and neighborhood. Practice these routes regularly so everyone knows them by heart. Also, identify safe shelters, whether it's a local community center, a friend's house, or an official evacuation site.

#### 5. CONSIDER YOUR FAMILY'S UNIQUE NEEDS

Tailor your plan to accommodate specific family requirements:

- Children: Have comfort items ready to ease anxiety.
- Elderly Members: Account for mobility or medical needs.
- Pets: Include food, leashes, and a list of pet-friendly shelters.

### WHY CREATING AN EMERGENCY PLAN MATTERS

M.C. Shine says having a plan in place doesn't just offer physical protection—it also provides emotional reassurance. Knowing that steps are already laid out allows your family to stay calm and focused, even in the most chaotic situations.

Creating an emergency plan is about more than preparation; it's about fostering safety and resilience within your family. By taking these steps today, you're investing in peace of mind for tomorrow. Take the time to discuss, practice, and refine your plan - it could make all the difference in a moment of crisis.



**LET'S LAUGH!**



**Ladies, listen up,**  
we at M.C. Shine discovered the secret to a clean house. It is to never let your children or husband enter it! HAHA If you do make this mistake then rest assured, we have your back!!



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