

PESTS

That Affect Human Health



Oak leaf itch mite

The oak leaf itch mite, *Pyemotes herfsi*, was responsible for widespread outbreaks of itching bites in various Midwestern communities in 2004. *Pyemotes herfsi* is a European mite species closely related to the straw itch mite, *Pyemotes tritici*, which occasionally pesters farmers. The tiny, 0.2 mm (1/125 inch) long mite is barely visible to the naked eye.

Typical bites on humans are raised and reddened with small blisters in the center. They are itchy and painful when scratched. Bites appear 10 to 16 hours after exposure when they start to itch. Intense scratching may lead to secondary bacterial infection.

Unlike chigger bites, which are commonly restricted to areas under tight clothing such as belts, underwear or socks, oak leaf itch mite bites appear where clothing is loose, usually at the neck, shoulder and chest. Bites are found on the upper body because itch mites drop from canopies of infested trees. Studies have estimated the number of mites dropping from large pin oaks in Nebraska to exceed 300,000 mites per tree per day.



Infested oak leaf

In the Midwest, oak leaf itch mites emerge in late July and continue through the summer. Bite problems intensify in the fall with increased gardening activities, mainly the handling of mite-infested leaves.



Close up of gall on leaf margin

A mated female searches for hosts on which to feed, usually insect larvae living within straw, seeds, and plant galls. In recent outbreaks, itch mites were found preying on midge larvae, which are respon-

sible for gall formation on the margins of oak leaves. Galls appear as thickened areas and appear mainly on pin oaks, but also on red oaks and black oaks.

Life Cycle

The female mite enters the gall through small openings. A potent neurotoxin in her saliva paralyzes the midge larva. Once the female starts to feed, she develops about 200 offspring. In seven days, her progeny — of which 5 to 10 percent are males — are ready to emerge as fully developed adults. Males emerge first, mate with the females, and die without feeding. Newly emerged mated females then disperse in search of new hosts. The tiny mites may be carried by the wind for hundreds of yards before landing on humans and pets on which they attempt to feed.

Because of the large number of offspring and 7-day life cycle, oak leaf itch mites have one of the highest rates of population increase. On the other hand, the host gall-making midge produces only one generation per year. Mature midge larvae drop from the galls in late fall and appear to spend the winter protected in the ground. In spring, adult midges emerge from hibernation and form mating swarms. Mated females fly up trees where they lay eggs on developing leaves. Emerged larvae inject hormone-containing saliva into leaf margins, which causes edges to curl and form the galls where larvae develop until they drop to the ground in late fall.

Itch mites are predators, maintaining populations in a given habitat in extremely low numbers. Once significant numbers of a suitable host are found, mites multiply rapidly. An epidemic of mysterious rashes developed in summer 2007 in northwest Chicago and western Illinois. Dermatology clinics in some areas reported seeing 100 patients per doctor per week. Although oaks were common in these areas and bites looked similar to those of *Pyemotes herfsi*, the lack of leaf galls made it difficult to name this mite as the culprit. Searches of other potential host sites finally showed *Pyemotes herfsi* mites feeding on the eggs of the 17-year periodical cicada, which appeared in western and northern Illinois in the same year.

It is conceivable that populations of *Pyemotes herfsi* mites in Illinois could have originated from populations in Kansas and Nebraska. They might have been carried to Illinois by southerly winds associated with spring cold fronts, on migrating birds or by humans. It is likely that in 2008 *Pyemotes*

berfsi will discover and exploit the eggs of the next 17-year periodical cicada brood occurring in southern and eastern Illinois, Indiana, Tennessee and neighboring states to the east.

Control

Little is known about how to control these mites or how to protect humans from their bites. Typical spray applications are not effective because mites are protected within galls. Midges feeding on tree leaves provide a better target for controlling mites. University of Nebraska researchers are exploring the use of insecticides to control midges as they overwinter in the soil or before they swarm oak trees to lay eggs.

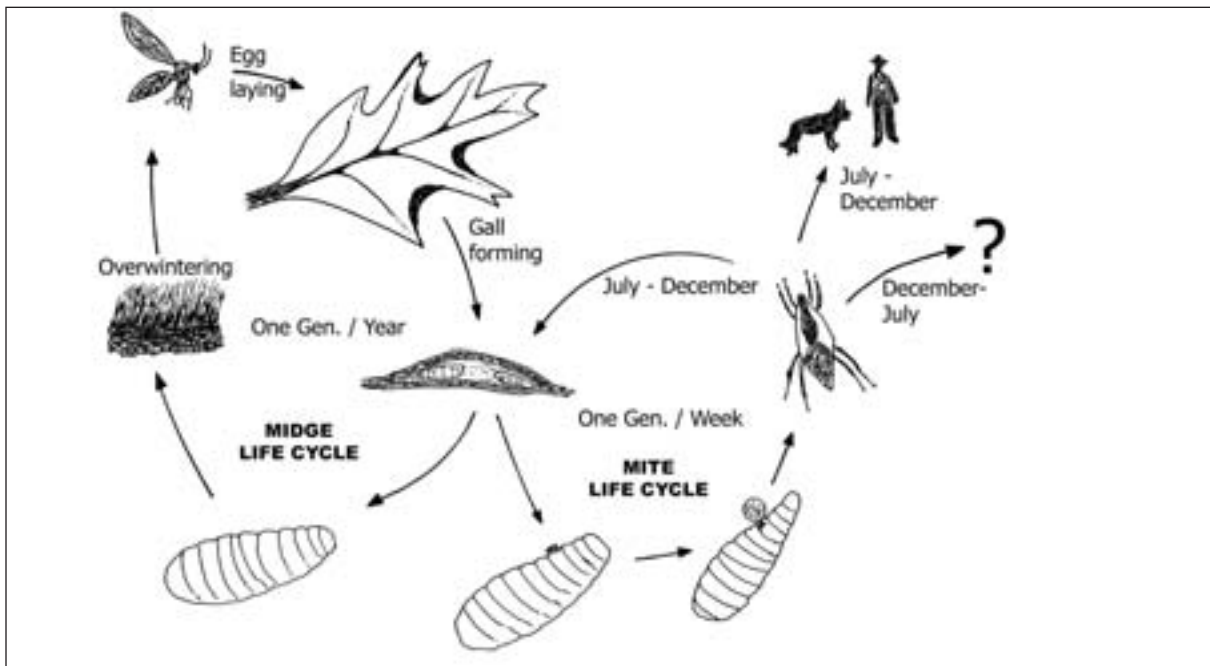
Oak leaf itch mites bites may be confused with bites from other insects and mites, such as scabies, chiggers and bird mites, but clinical signs are different and occur on different parts of the body. In addition, oak leaf itch mite bites

occur in epidemic form, whereas bites from other agents generally are localized. Avoiding or reducing time spent under or near oak trees known to be infested with itch mites is one of the best ways to reduce bites. Bathing — and changing and washing clothes — after exposure to mite habitats is highly recommended.

DEET-based repellents have given mixed results. They may fail when relied on for complete bite protection. Repellents are more effective when used in combination with other protection practices.

Doctors recommend several remedies for relief from itching and other symptoms. Some of these medications require a physician's prescription:

- Cortisone cream
- Cortisone orally (although rarely needed)
- Claritin 10 mg, daily, or other antihistamines
- Calamine lotion



Life cycles of gall-forming midge and oak leaf itch mite

Alberto B. Broce, entomologist
Kansas State University

James Kalisch, entomologist
University of Nebraska

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