DUST MITES

Reduce the number of Dust Mites in your home by avoiding the scenarios listed below:

Living Room
- Carpets not vacuumed thoroughly once a week
- Clutter build up
- Dusty window sills and frames
- Furniture not dusted with a dry cloth treated to hold rather than scatter dust
- Draperies, upholstery, and slipcovers not vacuumed and cleaned regularly

Bedroom
- Dust build up on blinds, curtains and furniture
- Bedding not washed and changed weekly
- Blankets, comforters, mattress pads and bedspreads not washed monthly
- Mattress not cleaned or vacuumed regularly
- Lack of dust mite-proof pillow and mattress covers
- Carpeting and flooring not vacuumed weekly
- Children’s stuffed animals or other toys kept in the same room
- Washed bedding not dried thoroughly
- Dusty, dirty window sills and frames