IMPLEMENT SANITARY HABITS
& ELIMINATE CLUTTER
To Reduce Exposure To Dust Mite Allergens

Exposure to dust mite allergens (body parts and feces) is considered to be a leading cause of asthma attacks. Dust mites are so tiny that they are invisible to the naked eye. Every home has dust mites, especially where there is a source of food (invisible skin flakes) and shelter with high relative humidity. They live in bedding, carpeting, upholstered furniture, clothes, stuffed toys... anything that is fabric covered. An ounce of house dust can contain 42,000 dust mites. A mattress can contain between 1 and 2 million mites, while a new mattress can become infested with dust mites in less than 2 months.

Bedding—

- Bedsheets, Bedcovers, Blankets – wash weekly in hot water (130 degrees F) and dry in hot dryer (clothesline drying can attract dust and pollen), and stop occasionally to fluff and use a wet towel to even out the drying process.
- Washable stuffed toys – wash often in hot water and dry thoroughly, and keep off beds.
- Pillows & Mattresses – cover with dust-proof (allergen-impermeable), zippered covers, and wipe down weekly with a clean, damp cloth.
- Pillows – wash at least 4 times/year, washing two pillows at a time on a gentle cycle and dry in the dryer. Take them out halfway through and fluff up so they don’t get lumpy.

Carpeting—

- Use a HEPA filter with the vacuum cleaner.
- Vacuum at least weekly, and more often if there are pets in the home.
- Empty or dispose of the vacuum bags when half-full for maximum suction.
- Use a vacuum with a powered nozzle for carpets.
- Install non-carpeting flooring, and vacuum weekly.

Furniture & Windows—

- Use smooth blinds and wipe clean weekly with a clean, damp cloth, or wash curtains monthly.
- Clean and dry window frames and sills regularly, and clean ceiling fans and light fixtures monthly, using a clean, damp cloth.
- Have smooth, easy-to-clean furniture, and dust weekly, using a dusting product that attracts dust (a dry cloth spreads the dust around).
- Vacuum upholstered furniture and wash area rugs at doors weekly.
- Keep toys, books, “knick-knacks” and stuffed animals in plastic containers or cupboards and closets.
- Use filters over air conditioners and heating vents and change regularly if possible.