DUST MITES

DUST MITE FACTS:

- Dust mites are one of the most common year-round allergens inside the home.
- Symptoms may worsen in the winter when the windows are closed and the furnace is on.
- Dust mites burrow into places such as mattresses, upholstered furniture, and carpeting.
- Dust mites thrive in warm and humid areas.
- Decreasing your exposure in the bedroom will have the greatest effect.

TO AVOID DUST MITES:

- Encase mattress and pillows in allergen-control encasings
- Wash sheets weekly in hot water (>130 degrees)
- Remove carpeting and upholstered furniture if possible
- Replace heavy draperies with blinds or shades
- Maintain humidity of 40-50% inside the home
- Avoid humidifiers unless otherwise recommended
- Declutter the bedroom, and vacuum & dust frequently
- Empty vacuum cleaner outside, and consider a HEPA vacuum cleaner
- Limit stuffed animals in bedroom & toss in dryer on high heat for 20 min
- Change furnace filters monthly and clean ducts yearly
- Use saline nasal irrigation (neti pot or Neil Med)
- Use a HEPA air cleaner in the bedroom if there is no wall-to-wall carpeting
- Visit www.allergycontrol.com for products to reduce mites in carpeting