



**UR**  
MEDICINE

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# 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](http://www.allergycontrol.com) for products to reduce mites in carpeting