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DUST MITES

- House dust mites are microscopic organisms found throughout the home. The highest concentrations tend to be in bedding, carpeting and soft furnishings.
- Dust mites do not bite and are harmful only to people who are allergic to them.

Advice for Symptom Reduction Caused by Dust Mites

- Keep relative humidity between 35-50% to decrease dust mite growth.
- Minimize dust mite reservoirs such as carpeting, curtains and stuffed animals.
- Regularly vacuum carpets and furniture using a vacuum with HEPA (high-efficiency particulate) filtration or central vacuum with adequate filtration.
- Wash bedding on a weekly basis.
- Encase mattresses, box springs and pillows in mite allergen encasements.
- Bunk beds are discouraged. If bunk sleeping is necessary the sensitized person should sleep on the top bunk. The top and bottom mattress should be encased.
- Allergy shots have been proven to be beneficial.