

Asthma & Allergy Physicians of Rhode Island

ESSENTIALS OF DUST MITE AVOIDANCE

Since you are allergic to dust mites, avoidance of dust mites is recommended. The following guidelines should be implemented to reduce exposure to dust mites and decrease allergic symptoms.

1. Pillows on beds should be washable dacron polyester. They should be washed in hot water and dried once a week.
2. Mattress, pillows and box spring should be covered with zip plastic-type covers or a water mattress obtained.
3. Sheets, pillow cases and blankets should be washed in hot water and dried once a week.
4. Entire house should be vacuumed once a week, preferably not by the allergic person.
5. If the allergic person does any cleaning/dusting, a dust mask should be worn.
6. Rugs are not suggested for the bedroom.
7. Bedroom should be as uncluttered as possible. No drapes, books or stuffed animals on display. Clothes should be kept in closet with doors shut.
8. Humidity should be kept below 50%. Air conditioners with clean filters are helpful during summer months.
9. Eliminate all feathers from bedroom, ex: feather pillows, down comforters, etc.
10. Use quilted mattress pad of dacron polyester on top of encased mattress. The bed sack style is best. Wash pad frequently, along with other bed linen in hot water. Hot water wash of 140° F is necessary to destroy mites.
11. Replace wool blankets with synthetic materials, which can be laundered frequently in hot water.
12. Limit exposure to wool clothing. They should be kept in plastic garment bags or boxes.
13. Avoid upholstered furniture.
14. Cover hot air vents with filters or seal completely.
15. Window coverings should be simple and easy to clean.