

Dust Mite Control Measures

Initial Steps: Zipper encasements for the bedding to put a “wall” between the patient and the dust mites.

- 1) Encase your mattress in an allergen barrier.
- 2) Encase your box spring and comforter in an allergen barrier, wash your comforter every week in hot water.
- 3) Encase your pillow or wash it every week in hot water.
- 4). Wash blankets and bed linens (sheets and pillowcases) every week in hot water.
- 5) Wash your dust mite barrier covers 1-2 times per year or as directed by the manufacturer.

Secondary Steps:

- 5) CARPETING: Less carpeting is better than more, especially in the bedrooms.
 - a. Frequently clean your carpeting.
- 6) Remove or minimize upholstered furniture. Use window shades rather than blinds or curtains.
- 7) HEPA vacuum filters best, but other vacuum cleaners or allergy bags that filter down to less than “5 microns” are good enough.
- 8) Keep surfaces and storage clean and dry
 - a. Wipe furniture, drawers, closets and other surfaces with a treated cloth.
 - b. Keep clothing in a closed closet
 - c. Get rid of dust collectors
- 9 & 10) Control humidity levels: Molds and dust mites thrive in high humidity; keep levels between 35-40%
 - b. Use air conditioning and dehumidifier units