

Dust Mite Avoidance Strategies (focus on bedroom)

Studies show that using a combination of techniques is the best way to decrease exposure to dust mite allergens. We recommend that you:

1. Obtain and use a hygrometer to measure humidity in the home.
2. If needed, use a dehumidifier to reach a goal of 35 – 50% humidity in the home. This will make it hard for dust mites to grow.
3. Wash bedding weekly (water does not need to be hot).
4. Vacuum regularly (with HEPA or central vacuum).
5. Use allergen-proof encasements on box springs, mattress, and pillow cases. (If using a bunk bed, sleep on top bunk).

Video about dust mite allergen avoidance: <https://www.youtube.com/watch?v=dcYqkkxWxAg>

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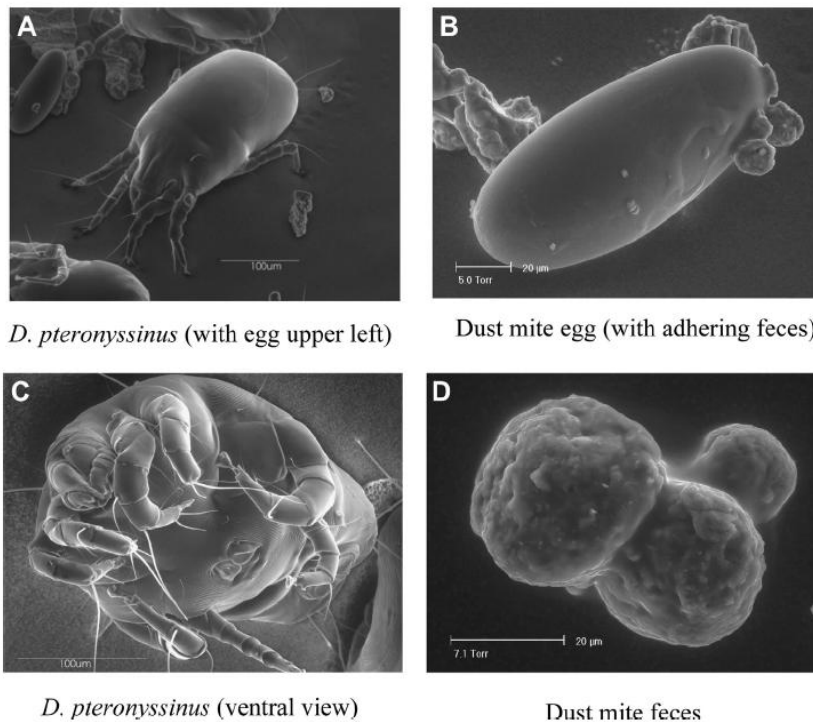


Figure 4. Images of dust mites, eggs, and feces. Copyright © Mission: Allergy, Inc. Used with permission.