



HOUSE DUST MITE AVOIDANCE

First – Bedrooms

- Cover pillows and mattresses with zippered cover which are impermeable to mites and mite allergens.
- Wash sheets, pillowcases and blankets in warm water with detergent or dry in an electric dryer on the hot setting weekly; when necessary, blankets should be replaced with those that can be washed. Comforters should be removed.
- Use washable, vinyl or roll-type window covers.
- Remove clutter, soft toys and upholstered furniture.
- Where possible, carpets should be removed or replaced with area rugs that can be cleaned/washed.

Second – Rest of House

- Reduce upholstered furniture, particularly old sofas.
- Replace carpets with polished flooring where possible. Carpets on concrete slabs or over poorly ventilated crawl spaces are a problem and should be replaced with polished flooring if possible.
- Vacuum weekly using a cleaner with a HEPA filtration system.
- Window coverings should be washable, vinyl or roll-type.
- Control humidity to <50 percent relative humidity at normal temperatures ie. 68-72°F.

Third – Changing Houses*

- In general, allergy sufferers should not be encouraged to move from their home except in those cases where they are living in basements or overtly damp housing.
- Individuals who are allergic to mites (or molds) should be advised about the potential benefit of moving to an apartment (2nd floor or higher) or a house with 2nd floor bedrooms and wooden floors.

* The average family in the United States moves approximately every four years.