

## DUST MITE EDUCATION

In order to get rid of dust mites, we need to understand some things about their behavior.

- Dust mites are microscopic insects that live in beds, blankets, sofas, rugs, stuffed animals, and other places in the home. Dust mites grow well in warm, moist places where humans and pets live. Wherever dust mites grow, they produce material which causes allergy and asthma. Most people who are allergic to dust are really allergic to dust mites.

All night while people sleep, they breathe in pieces of the dust mites and their waste products which ultimately get into their lungs and breathing tubes. Over time this causes

- asthma in people who are allergic to dust mites.

### Goals for getting rid of dust mites

Keep pillows encased in the special allergen-proof cover.

Keep mattress and box spring encased in special allergen-proof cover.



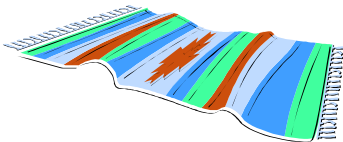
Wash blankets every 2 weeks in hot water.

Wash bed linen (sheets and pillow cases) in hot water every week.

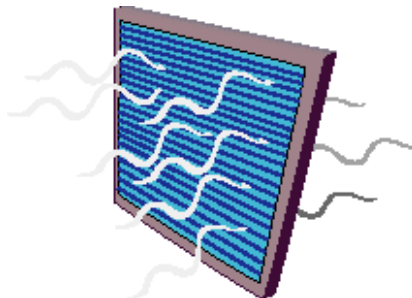
Vacuum every week with a vacuum cleaner, if accessible.



Remove carpeting and replace with washable area rugs.



If you have forced air, keep filters over vents and replace filters every three months.



Remove dust collectors like stuffed animals. Pick one favorite animal that is washable.

Damp dust all horizontal surfaces in child's bedroom weekly.

