

# Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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## DUST MITES

Your allergy tests confirm that you are allergic to dust mites. Dust mites are the most common triggers of allergy symptoms, and in different people can aggravate the nose and sinuses, contribute to ear problems, asthma and eczema.

The mites are microscopic and cannot be seen. They require human skin flakes for food, and therefore are found in quantity only in the bedroom. They can not live in very dry areas, but thrive with higher humidity.

They are found especially in the bedclothes, sheets and blankets, and sink into the pillows, mattresses and box springs. Did you know that the average mattress will double its weight in ten years as a result of being filled with dead dust mites and their products?

### **How do I avoid or reduce exposure to dust mites?**

- Use dust-mite proof encasings for pillow, mattress and box springs.
- Remove all bedroom carpeting.
- Wash bedding weekly in hot water of at least 130 degrees Fahrenheit.
- Keep all unnecessary dust collectors out of the bedroom – stuffed toys, books, pennants, toys, clutter.
- Dust bedroom regularly with a damp mop and rag.
- Remove upholstered furniture and draperies from the bedroom.

### **Do we really have to remove all the stuffed toys?**

As a compromise the stuffed toys can be washed regularly in hot water, and putting the stuffed toys in the freezer for eight (8) hours will inhibit dust mite growth!

### **How about mite sprays, mite powders, air cleaners, special vacuums?**

Unfortunately, most do not work very well, and usually are not worth the cost, especially as compared to the much more effective simpler measures outlined above.

Ask at our desk for brochures from the commercial companies selling allergy proof encasings. We do not necessarily endorse all the products in these catalogs.

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