

## IMPLEMENT SANITARY HABITS & ELIMINATE CLUTTER

since exposure to dust mites allergen (body parts and feces) is considered to be a leading cause of asthma attacks.

*Dust mites are so tiny that they are invisible to the naked eye. Every home has dust mites, especially where there is a source of food (invisible skin flakes) and shelter with high relative humidity. They live in bedding, carpeting, upholstered furniture, clothes, stuffed toys... anything that is fabric covered. **An ounce of house dust can contain 42,000 dust mites. A mattress can contain between 1 and 2 million mites, while a new mattress can become infested with dust mites in less than 2 months.***

### Bedding—

- Bedsheets, Bedcovers, Blankets – wash weekly in hot water (130 degrees F) and dry in hot dryer (clothesline drying can attract dust and pollen), and stop occasionally to fluff and use a wet towel to even out the drying process.
- Washable stuffed toys – wash often in hot water and dry thoroughly, and keep off beds.
- Pillows & Mattresses – cover with dust-proof (allergen-impermeable), zippered covers, and wipe down weekly with a clean, damp cloth.
- Pillows – wash at least 4 times/year, washing two pillows at a time on a gentle cycle and dry in the dryer. Take them out halfway through and fluff up so they don't get lumpy.

### Carpeting—

- Use HEPA filter with the vacuum cleaner.
- Vacuum at least weekly, and more often if there are pets in the home.
- Empty or dispose of the vacuum bags when half-full for maximum suction.
- Use a vacuum with a powered nozzle for carpets.
- Install non-carpeting flooring, and vacuum and wet mop weekly.

### Furniture & Windows—

- Use smooth blinds and wipe clean weekly with a clean, damp cloth, or wash curtains monthly.
- Clean and dry window frames and sills regularly, and clean ceiling fans and light fixtures monthly, using a clean, damp cloth.
- Have smooth, easy-to-clean furniture and dust weekly, using a dusting product that attracts dust (a dry cloth spreads the dust around).
- Vacuum upholstered furniture and wash area rugs at doors weekly.
- Keep toys, books, “knick-knacks” and stuffed animals in plastic containers or cupboards and closets.
- Use filters over air conditioners and heating vents and change regularly if possible.