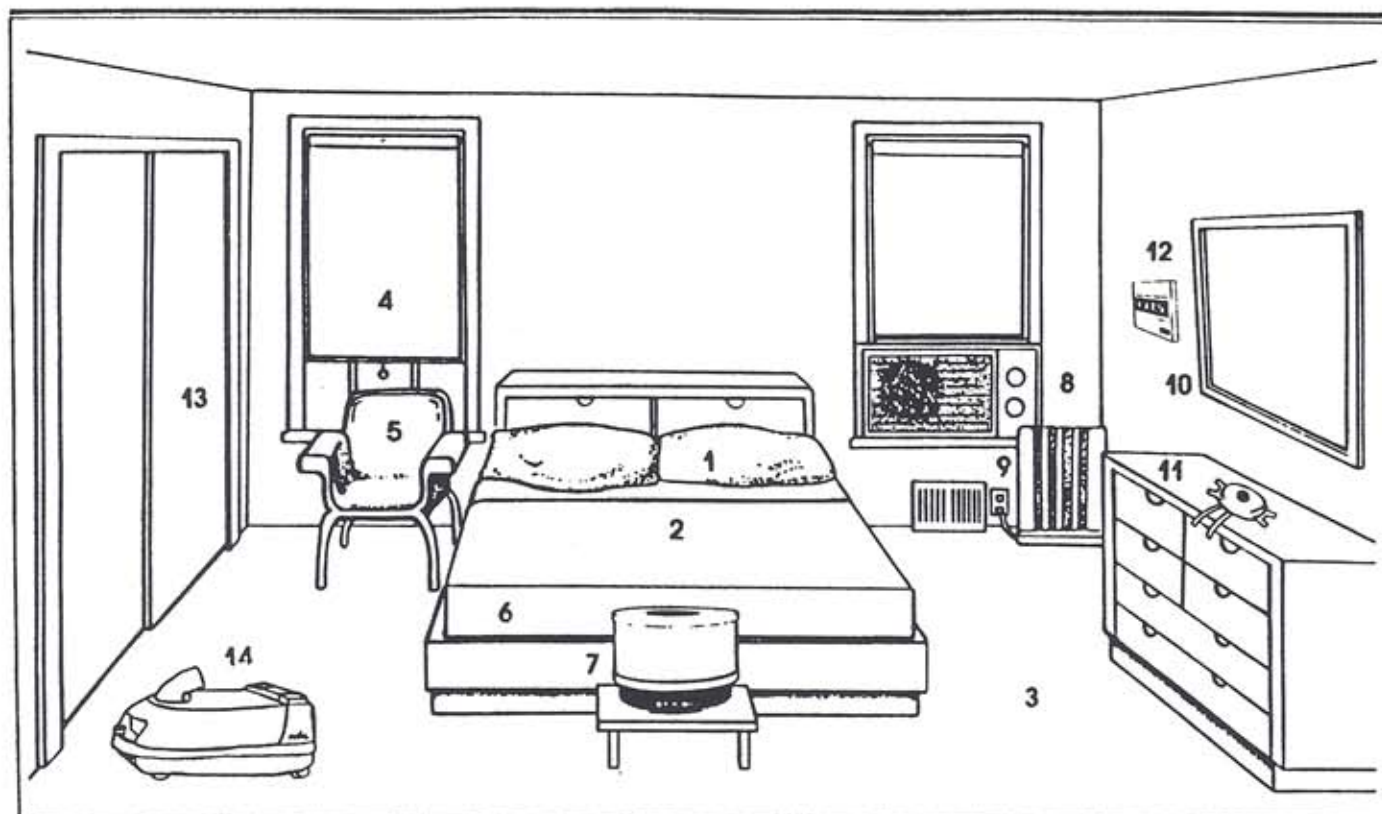


# DUST CONTROL IN THE BEDROOM



1. Encase pillows in zippered, dust-proof covers or wash pillows in hot water every two weeks.
2. Encase the mattress and box spring in zippered, dust-proof encasings. (If there is more than one bed in the room, all should be encased.)
3. Remove all carpeting. If this is not possible, Allergy Control™ Solution may be applied periodically to inactivate dust allergy causing particles.
4. Avoid heavy curtains and venetian blinds. Use window shades instead. If curtains are used, launder them frequently.
5. Substitute wooden or plastic furniture for upholstered furniture.
6. Wash blankets or comforters in hot water every two weeks. Avoid wool and down blankets. Comforters can be encased in zippered dust-proof covers.
7. "H.E.P.A." air cleaners can remove airborne dust particles. Inexpensive table top models are not effective.
8. Air conditioners can prevent the high heat and humidity which stimulate mite growth. Special filters can be added to help trap the air borne allergens. Use a dehumidifier to help reduce humidity levels.
9. Cover hot air vents with filters, or close the vents and use an electric radiator.
10. Avoid wall pennants, macrame hangings and other dust collectors.
11. Clean drawers, closets and surfaces with a treated cloth. Wear a face mask when making the bed and doing housecleaning.
12. If using a humidifier in the winter, avoid over-humidification. Mites grow best at 75-80% relative humidity and can not live at under 50% humidity. The ideal relative humidity is 40-50%. Use a humidity gauge to monitor levels.
13. Keep all clothing in a closet, with the door shut.
14. When vacuuming, use a vacuum with proven high allergen containment or use a special high-filtration dust bag.

## Guidelines for the Diagnosis & Management of Asthma

National Institutes of Health; National Heart Lung & Blood Institute; February 1991

- Environmental control to reduce exposure to indoor allergens is a critical component of asthma management.
- To prevent allergic reactions in asthma patients, environmental control measures to reduce exposure to indoor and outdoor allergens and irritants are essential.
- High levels of mite antigen are found in dust from mattresses, pillows, carpets, upholstered furniture, bed covers, clothes, and soft toys. Eliminating exposure not only reduces asthma symptoms but also reduces levels of nonspecific bronchial hyperresponsiveness.