

Advancements in Allergy and Asthma Care, Ltd.

Michael R. Wexler, M.D.

Debra J. Peterson, RN, CNP Pamela K. McNallan, PA-C.

Suite 215, Ridge Plaza 12450 Wayzata Blvd., Minnetonka, MN 55305

Telephone 952-546-6866 Fax 952-512-0038

AdvancementsInAllergy.com

HOUSE DUST AND DUST MITE ALLERGIES

- Dust mites are insect-like creatures. They are natural inhabitants of your home, but because they are microscopic you have probably never seen them. Their presence does not indicate a lack of cleanliness. They cannot be entirely eliminated.
 - Dust mites live in house dust and feed on flakes of human skin that are contained in the dust particles. People shed skin flakes constantly.
 - House dust mite allergy is not only caused by the dust mites themselves, but also, by their excrements (feces). Constant exposure to mite allergens can lead to chronic (long term) illness.
 - Attracted to warmth and moisture, mites thrive in mattresses, pillows, towels, carpets, upholstered furniture, and children's stuffed toys. The average bed contains two million of these creatures, making the bedroom a danger zone for anyone who is sensitive to dust mite allergen.
 - By taking a few steps to minimize dust mite allergen in your bedroom, along with other areas of your home, it is possible to decrease your allergic symptoms and even medication requirements.
1. Be sure to wash bedding in hot water (130 degrees) every 7-14 days. Remove dust ruffle.
 2. Use a dehumidifier or air conditioner to bring indoor humidity level below 50%. Use an accurate humidity gauge to maintain proper humidity levels.
 3. Remove wall-to-wall carpeting.
 4. A HEPA filter vacuum cleaner may be helpful.
 5. Remove stuffed animals that are not hot water machine washable.
 6. A HEPA air purifier may be helpful.
 7. Wear a dust mask when cleaning or doing household chores.
 8. Decorate with wood, vinyl, or leather furniture.
 9. Avoid heavy drapes; use shades or washable curtains.

10. Avoid wall hangings that tend to collect dust such as wall pennants and posters.
11. Keep all clothes and books in drawers or in the closet.
12. Change pillow every 6 months.