



Measures to Minimize Dust Mite Exposure in Children

Eliminate Mite Reservoirs.

1. Encase mattress and pillows with barrier material.
2. Wash all bedding weekly in hot water (135 degrees F).
3. Tumble stuffed animals in dryer weekly on hot cycle.
4. Store stuffed animals in “hammock” over bed.
5. Eliminate or minimize carpets and draperies in bedroom.

Utilize Filtration Devices and Minimize Visible Dust.

1. Use electrostatic or high-efficiency particulate arresting (HEPA) filters.
2. Clean filters regularly or (if using conventional filters) change monthly.
3. Dust regularly (patient should not do dusting), using treated cloth to avoid spreading dust.

Reduce Indoor Humidity (< 50%).

1. Install air conditioner, dehumidifier.
2. Eliminate or minimize houseplants.
3. Ventilate home.

Use acaricides (e.g., benzyl benzoate) and antigen-denaturing agents (e.g., tannic acid).