

## **Measures for the Prevention of Dust Mite Allergies in the Home**

### **The Bedroom:**

- 1 Avoid wool fitted carpets and rugs and give preference to those made of synthetic fibres. Otherwise, have bare wood or tiles.
- 2 Curtains should be made of synthetic fibres.
- 3 Walls should be covered with water-washable paint or wallpaper.
- 4 Avoid clutter in your bedroom: keep books, toys (especially cuddly toys), ornaments and old unnecessary furniture (armchairs, cushions, tables, etc.) to a minimum.
- 5 Where possible, keep clothes and linen in a wardrobe outside the bedroom. Otherwise, try to open the wardrobe's doors as little as possible. Don't leave clothes lying around - put them back in the wardrobe away from dust.
- 6 Don't use the bedroom as a dayroom.
- 7 Avoid vacuum-cleaning the bedroom. Use a damp cloth instead and do it when the allergic sufferer is not there.
- 8 The room should be aired every day to prevent condensation.
- 9 Do not use humidifiers. Instead, an air-conditioner may be used to reduce condensation.

### **The Bed:**

- 1 The bed should preferably have a metal or wooden base. Avoid divan-bases.
- 2 Preferably choose a mattress and pillows made with synthetic fibres.
- 3 Duvets and their covers should be made of synthetic fibres and washed at least once every three months.
- 4 Mattresses and pillows should have breathable anti-allergic covers. The pores must be between 5 and 7 microns. (With pores of 20 microns or larger, the allergens are able to pass through; with pores of 60 microns or larger, mites and ticks will go through).

*These requirements are vital to protect the patient from the source of the allergies. This explains, to some extent, the rather high price of anti-allergic covers.*

5 Mattress and carpets, if there are any, should be sprayed with an acaricide (anti-mites/ticks) which should help to eliminate any remnant of acarina or allergens.

6 Bed linen should be vacuumed every week after it has been removed from the bed.

7 Use a vacuum cleaner with a HEPA filter fitted. The HEPA filter will prevent dust mite allergens passing through the vacuum cleaner and re-entering the room.