

DUST MITE ALLERGEN

Helpful tips for dust mite allergen avoidance

- **Keep humidity low** – Keep the humidity levels in the home below 40%. A hygrometer may be used to measure the humidity levels. If the humidity levels are above 40%, a dehumidifier can be used.
- **Use a HEPA air filter** – Use a HEPA in the home to help reduce dust mite and other allergens.
- **Use dust mite covers** – Use dust mite covers on the mattress, pillows and couches.
- **Clean upholstered furniture** – Purchase and wash sofa covers frequently. If unable to do so, then at least vacuum frequently. De-clutter and remove heavy curtains and upholstered furniture.
- **Wash bedding weekly** – Washing bedding in soapy, hot water each week can be a big help with allergen reduction in the bedroom. In addition to bedding, it's important to remember to wash curtains, rugs, and pillows.
- **Use a HEPA vacuum/steam clean carpets** – Using a vacuum with a HEPA filter and steam cleaning the carpets can help reduce allergens in the home. If necessary, replace carpet with a hardwood floor, tile or linoleum.
- **Install a HEPA furnace filter** – Install a HEPA filter into your furnace and AC unit change it frequently to keep the air clean year round. Leave the fan on to create a “whole house” air filter that removes particulates. Have your heating and air conditioning units inspected and serviced every six months.
- **Keep pets out** – Dust mites can be transported on a pet's coat. If possible, keep pets out of the room even during the daytime. If this is not possible then wipe down your pets and give them a bath regularly.

Does your patient have dust mite allergen in their home?

Exhale is the first and only Do-It-Yourself test that measures your home for mold, dust mite, pollen, mouse, roach, cat and dog allergens. Designed and trusted by leading allergists. Proven to directly measure allergens and molds impacting the health of allergic individuals. It's the missing puzzle piece to your allergy and asthma prevention and treatment plans

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