

House dust mite avoidance

This information leaflet has been designed to give you advice on how to avoid the house dust mite.

You may have been diagnosed with house dust mite allergy following a positive reaction from a skin prick test, or sometimes a blood test.

House dust mite

The house dust mite likes warmth, moisture & cosy places to live e.g. carpets, curtains, beds, soft toys and the sofa.

The aim of avoidance is to make the House Dust Mite unwelcome & eliminate it as much as possible.

In principle you should attempt to reduce humidity & minimise the places it can live.

We spend most time in contact with House Dust Mite while we are sleeping so it makes sense to tackle the bedroom first. Then if possible move onto other areas in the house.

Unfortunately, it is impossible to completely avoid house dust mite.

However, there are some simple steps you can take to reduce your exposure.

Avoidance advice

Cover the mattress, duvet & pillows with mite proof covers (these are available from most department stores.)

Avoid divans and blankets.

Wash bedding at 60 degrees or above. Temperatures below 60 degrees does not kill the House Dust Mite.

Replace curtains and soft furnishings with blinds or hot wash fabrics

Keep soft toys to a minimum & wash above 60 degrees. If children have a favourite soft toy and need it at night time, put it in the freezer for 12hrs before giving it to

them at bedtime.

Open the windows more often and turn down the heating a few degrees.

Replace carpets with wood flooring or linoleum.

Reduce places where dust can collect.

Dust with a damp cloth.

Vacuum regularly (including soft furnishings.) The vacuum cleaner should have a double thickness bag and preferably a high efficiency filter. Dysons have this fitted.

Inadequate vacuum cleaners will make the matter worse.

When replacing sofas & chairs, consider wipeable or washable fabrics.

It is not always practical or possible to follow all these guidelines. It can be expensive. Concentrate on the bedroom first.