



## Introduction

House dust mites are invisible to the naked eye. They are harmless except to people who are allergic to them. They live in almost every home and thrive on warm humid environments. 70% of them live in bedding.

There are measures which can be taken to reduce and control house dust mites.

## Bedding

- Use synthetic rather than feather filled pillows and duvets.
- Encase all bedding (pillows, mattresses and duvets) with clinically proven covers.
- Avoid feathers, kapok, eiderdowns, wool and candlewick bedspreads.
- Wash bedding once a week at 60°C.
- Buy cheap, synthetic pillows and replace every 6 months.

## General Measures

- If possible, avoid thick carpets and underfelt. If household carpets are due to be replaced, think about natural flooring, tiles or cork tiles.
- If possible buy a new mattress to replace an old mattress.
- Reduce soft toys in the bedroom to a minimum and enclose in a box with a lid.
- Soft toys should be double-bagged and placed in the freezer overnight and then washed at 60°C or hoovered once a month.
- Vacuum soft furnishings and both sides of the mattress without protective cover once a week or as often as can be managed.
- Damp dust furniture instead of dry dusting once a week.
- If possible, avoid drying clothes indoors. If not possible close the door to the room where clothes are to reduce the humidity throughout the house.
- Hoover once a week with a vacuum cleaner with a special micro-filter.

## Contact

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## Disclaimer

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.