

House Dust Mite Information

Many people with asthma are sensitive to the droppings of house dust mites. These are tiny creatures that live in the dust that builds up around the house in carpets, bedding, soft furnishings and soft toys.

You may be able to reduce some of the asthma symptoms:

- Use barrier covers on your mattress, duvet and pillows.
- If possible, remove all carpets and replace them with hard flooring.
- Vacuum regularly and use a vacuum cleaner that has good suction and a filtered exhaust that does not scatter dust. Change and replace the filter bag regularly.
- Allow the dust to settle for two hours if possible after the room has been vacuumed before re-entering the room.
- Use a damp cloth to dust.
- Remove all soft toys from beds. Put them in a bag in the freezer for a minimum of six hours every one or two weeks to kill the dust mites.
- Hot wash (at 60°C) sheets, duvet covers and pillow cases once a week.
- Use a dehumidifier to dry the air as this makes it more difficult for the house dust mite to survive.
- Ensure good ventilation.
- Don't make the bed, leave it open to air.

If you try these suggestions and it makes no difference to the symptoms, you do not need to continue with them.

For further advice please contact the Children's Respiratory Specialist Nurses on 01603 287851.

Further Information:

www.asthma.org.uk

0300 222 5800 (option1)