



# Controlling Allergens

## in your child's bedroom

### Did you know?

*Asthma triggers such as dust mites, pollens, pests, pet dander, tobacco smoke, and mold spores can be present in household dust. Reducing dust is especially important where your child sleeps*

### Action Plan

- ☐ Wet dust and wet mop solid bedroom surfaces/floors regularly to get rid of dust. Use a damp cloth or a gentle cleaner (see recipe on back).
- ☐ Avoid wall-to-wall carpeting in the bedroom (if possible) since carpets can trap dust. For small area rugs, choose low pile and vacuum regularly (with a HEPA vacuum if possible).
- ☐ Keep the bed dust-free by:
  - Using zippered dust-proof covers on pillows, mattresses, and box springs.
  - Washing sheets and blankets weekly.
  - Washing stuffed toys regularly. If they cannot be washed, keep them out of the sleeping area.
- ☐ Keep other fabrics dust-free by vacuuming fabric-covered furniture and washing curtains/textiles regularly.
- ☐ If your child is allergic to a pet, keep the pet out of the bedroom.

more →



- ❑ Keep humidity levels low, ideally between 30-50% (more information on the back).
- ❑ If you smoke, quit! If you can't quit now, smoke outside and change your clothes when coming inside.

## Resources

To learn more about indoor allergen control, visit [epa.gov/asthma](https://epa.gov/asthma) and select "Asthma Triggers: Gain Control."

To learn more about safe and green cleaning, visit [nyc.gov/health](https://nyc.gov/health) and search “Green Cleaning.”

For more information, visit: [nyscheck.org/rx](https://nyscheck.org/rx)

NYS Quit line: 1-866-NY-QUITS

### All-Purpose Household Cleaner for Routine Cleaning

1 cup warm water

3 drops unscented liquid soap

½ cup white vinegar

*Optional: add fresh lemon juice*

### How to measure humidity in your home:

Low-cost humidity meters are available online and at hardware stores.


Humidity levels should be kept at 30% - 50% to prevent mold growth and dust mites.

You can lower humidity with an air conditioner or dehumidifier.



 The Perinatal Epidemiology  
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