



# Controlling Allergens

## in your child's bedroom

### Did you know?

*Asthma triggers such as dust mites, pollens, pests, pet dander, 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.
- Keep humidity levels low, ideally between 30-50% (more information on the back).

[more](#) →



## Resources

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

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

### All-Purpose Household Cleaner

1 cup warm water  
3 drops unscented liquid soap  
½ cup white vinegar  
*Optional: add fresh lemon juice*

Mix ingredients in an empty spray bottle. Use to clean home

### 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.

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

