



## Dust Mites

### Did you know?

*Dust mites are bugs too tiny to see with the human eye and are found in every home. Dust mites can trigger asthma and allergies.*

### Action Plan

- Dust mites hide in carpets, bedding, upholstered furniture, and stuffed toys:
  - Use zippered dust-proof covers on pillows, mattresses, and box springs.
  - Wash sheets and blankets weekly.
  - Wash stuffed toys regularly. If they cannot be washed, keep them out of the sleeping area.
  - Vacuum floors and fabric-covered furniture regularly. If possible, use a vacuum with a high-efficiency particulate air (HEPA) filter.
- Dust mites thrive with humidity:
  - Use an air conditioner or dehumidifier to decrease humidity in your home.

[more](#) →

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## Resources

To learn more about dust mites, visit [epa.gov/asthma](http://epa.gov/asthma) and select "Asthma Triggers: Gain Control."

For more information, visit: [nyscheck.org/rxs](http://nyscheck.org/rxs)

