



Dust Mites

Did you know?

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

Action Plan

- Dust mites live in carpets, bedding, upholstered furniture, and stuffed toys. You can take these steps to limit exposure:
 - 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 sleeping areas.
 - 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 →](#)



Resources

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

For more information, visit: nyscheck.org/rxs



Version: October 2023