



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](#) →

Signature _____

Date _____

Resources

To learn more about dust mites, visit

epa.gov/asthma and select “Asthma Triggers: Gain Control.”

acaai.org and search “Dust allergies”

For more information, visit

icahn.mssm.edu/research/pehsu/information