



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](#) →

NYSCHECK.ORG

Resources

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

Monroe County residents living in 14605, 14608, 14609, 14611, or 14621 may be eligible to receive free cleaning supplies and other materials from the Healthy Neighborhood Program. Program staff will conduct a home visit and discuss strategies with participants. For more information, call (585) 753-5073 or (585) 753-5124, or visit [monroecounty.gov/eh-hnp](https://www.monroecounty.gov/eh-hnp).

For information concerning environmental exposures in children, pregnant or lactating people, and those planning a pregnancy, contact the Finger Lakes Children's Environmental Health Center at 844-352-3420 or visit their website: urmc.rochester.edu and search "Finger Lakes Children's Environmental Health Center."

For more information, visit: nyscheck.org/rxs or call (844) 352-3420

