



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 and select "Asthma Triggers: Gain Control."

acaai.org/allergies (select "Types of Allergies" and click "Dust Allergy")

Rent supplies necessary to help keep your home clean from the Tool Library: thetoollibrary.org/tools

For more information, visit: nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

