

### **Environmental Control for Dust Mites**

1. Keep humidity below 50%. Less than 30% is more effective but may cause nasal drying, in that case, use a humidifier.
2. Wash bedding in water that is greater than 130 degrees Fahrenheit, weekly.
3. Encase pillows & mattresses with impenetrable coverings.
4. Pillows can be placed in a freezer for a day to kill mites & then may be fluffed in the clothes dryer to remove dead mites if casings are uncomfortable.
5. Remove carpets & drapes & keep closet doors closed.
6. Stuffed animals should be removed. One washable stuffed animal may be kept if washed weekly in hot water.
7. Vacuum carpets & upholstery with a HEPA vacuum.

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