

Directions for Avoiding & Removing House Dust

1. Renovate the house or room, but while this is being done, you keep away. We have seen dust allergies thoughtlessly go home to get dust out of the house themselves.
2. Take down all draperies, curtains & wall hangings. Take up all rugs.
 - Either send them to be cleaned or have them cleaned outside the house. A vacuum cleaner, dry cleaning or soap & water do wonderfully.
3. Remove all pictures & other "dust catchers." Wash what may be washed & clean the remainder with a damp or oiled cloth. Store until cleaning is finished.
 - Clean the picture molding with an oiled cloth & dust down the walls. Hot air heat is not satisfactory. Seal such flues, also other holes where dust might enter.
4. Go over all furniture with an or damp cloth – top, bottom, front, back, inside & outside. Pay special attention to bed springs & slats, rear of chiffoniers & chifforobes, etc. Cover furniture with sheets until remainder of cleaning is completed. Protect your furniture with Allergex or similar spray to inhibit the antigenic dust. Same thing applies to carpet & rugs.
5. In your bedroom, use plain iron or wooden furniture that can be cleaned & washed each week. Do not use cloth covered box springs. All bedding & bedding must be washed each week. It may be necessary later to cover the mattress & box spring with a specially made envelope of rubber sheathing of fabric or other non-dust collecting material. This may be made by a mattress maker or purchased from a local store. Foam rubber or down pillows are permitted without any cover.
6. Wash down woodwork, floors, radiators, etc.
7. After things are again set up, it is best to have no cloth rugs in the bedrooms, at least, only such draperies that may be washed. Rugs & draperies are to be washed frequently.
8. **TRY TO KEEP IT THAT WAY.**
9. **Allow NO ANIMALS in the house.**
10. Look to see if there are damp, moldy, mildew areas in the house (kitchen, bathroom, cellar, ceilings). If so, then report that to the doctor. He/She may want to test your with molds.
11. It is important that all openings around the radiator pipes, air vents & cracks in the walls are sealed. Cover hot air openings with filters or at least 3 layers of cheesecloth or mosquito netting & seal around the edges. If local fire laws prohibit, then use glass fabric. The heating system should be well reviewed. Hot air is not too satisfactory & could be the source of dust coming into your room. Filters must be changed or cleaned frequently.

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HOUSE DUST

In Automobiles...

- ✓ With the air conditioning, it is best to keep windows up & re-circulate the air rather than bringing in outside air laden with incitants. It is mandatory that the outside air intake be closed, only inside air is re-circulated.
- ✓ Clean car floor mats often to remove collected dust, pollen & molds. Frequently expose mats to air & sun to help prevent mold formation.
- ✓ Fur bearing animals in a confined area can be a major source of incitants. Leave them at home.
- ✓ If possible, plan routes to bypass immediate vicinity of refineries & large industrial plants.
- ✓ When refueling, have passengers sensitive to gasoline fumes remain inside the car with the windows closed.
- ✓ Try to keep at least four car lengths behind vehicles (cars, trucks, buses, motorcycles, etc.) on the highway, particularly when they leave blue exhaust smoke.
- ✓ When practical, avoid rush-hour traffic, heavily traveled highways & frequent stoplight intersections. All these areas have heavy exhaust accumulation which may aggravate the chemically sensitive person.
- ✓ Foil, sheep wool or cotton covers may be used over the vinyl car seats. Leather seats are better if they are not strongly exuding formaldehyde or the dye is not too strong.
- ✓ Avoid roadside areas & farms being sprayed with insecticides or weed abatement chemicals. If unavoidable, keep car windows closed.

In the Office...

- ✓ Do remember simplicity is the watchword in furniture, fixtures & décor (ornamentation greatly increases the potential number of dust-harboring surfaces).
- ✓ Do be aware that drapes attract dust (lightweight, easily washable curtains are best).
- ✓ Do vacuum air conditioning filters & change routinely.
- ✓ Do know that pencil sharpener dust is frequently a troublemaker.
- ✓ Do keep books in a closed bookcase or closet. They are notorious collectors of mold as well as natural dust catchers.
- ✓ Do have factory office doors weather-stripped to minimize industrial odors, fumes & dust.
- ✓ Don't open windows, except on days of low air pollution, low pollen, dust & mold. Keep sealed against airborne incitants.
- ✓ Don't be reluctant to let co-workers know if their lotion, perfume, or heavy hairspray seems to be offensive.
- ✓ Don't keep air too cool, too damp, or too dry. Confine humidity & temperature to a healthy comfortable range.
- ✓ Don't work in a confined area with duplication machines & other such office machinery. These fumes may be enough to provoke your sensitivity.
- ✓ Don't allow felt-tip markers, glue, inks, etc. to clutter your desk. Keep in closed drawers.