IMPLEMENT SANITARY HABITS & ELIMINATE CLUTTER
since exposure to dust mites allergen (body parts and feces) is considered to be a leading cause of asthma attacks.

Dust mites are so tiny that they are invisible to the naked eye. Every home has dust mites, especially where there is a source of food (invisible skin flakes) and shelter with high relative humidity. They live in bedding, carpeting, upholstered furnitures, clothes, stuffed toys... anything that is fabric covered. An ounce of house dust can contain 42,000 dust mites. A mattress can contain between 1 and 2 million mites, while a new mattress can become infested with dust mites in less than 2 months.

Bedding—
- Bedsheets, Bedcovers, Blankets – wash weekly in hot water (130 degrees F) and dry in hot dryer (clothesline drying can attract dust and pollen), and stop occasionally to fluff and use a wet towel to even out the drying process.
- Washable stuffed toys – wash often in hot water and dry thoroughly, and keep off beds.
- Pillows & Mattresses – cover with dust-proof (allergen-impermeable), zippered covers, and wipe down weekly with a clean, damp cloth.
- Pillows – wash at least 4 times/year, washing two pillows at a time on a gentle cycle and dry in the dryer. Take them out halfway through and fluff up so they don’t get lumpy.

Carpeting—
- Use HEPA filter with the vacuum cleaner.
- Vacuum at least weekly, and more often if there are pets in the home.
- Empty or dispose of the vacuum bags when half-full for maximum suction.
- Use a vacuum with a powered nozzle for carpets.
- Install non-carpeting flooring, and vacuum and wet mop weekly.

Furniture & Window—
- Use smooth blinds and wipe clean weekly with a clean, damp cloth, or wash curtains monthly.
- Clean and dry window frames and sills regularly, and clean ceiling fans and light fixtures monthly, using a clean, damp cloth.
- Have smooth, easy-to-clean furniture and dust weekly, using a dusting product that attracts dust (a dry cloth spreads the dust around).
- Vacuum upholstered furniture and wash area rugs at doors weekly.
- Keep toys, books, “knick-knacks” and stuffed animals in plastic containers or cupboards and closets.
- Use filters over air conditioners and heating vents and change regularly if possible.
Warmth + Moisture + Skin (or animal dander) = DUST MITES

Living Room
1. Carpets not vacuumed with an upright vacuum or a canister style with a power nozzle, and/or with a HEPA filter (bags not changed when half full, thereby decreasing the efficiency of the suction power)
2. Clutter build up
3. Dusty window sills and frames
4. Furniture dusted with a dry cloth which can scratch and dull the finish
5. Draperies, upholstery, and slipcovers not vacuumed and cleaned regularly

Bedroom
1. Dust build up on blinds, curtains and furniture
2. Bedding not washed and changed weekly
3. Blankets, comforters, mattress pads and bedspreads not washed monthly
4. Mattress not cleaned or vacuumed regularly
5. Lack of dust mite-proof pillows and mattress covers
6. Carpeting not vacuumed, or flooring not wet mopped weekly
7. Closet door left open
8. Children's stuffed animals or other toys kept in the same room
9. Washed bedding not dried thoroughly
10. Dusty, dirty window sills and frames