

Goals for Getting Rid of Dust Mites

Encase pillows, mattress, and box springs in allergen-proof covers. Be sure to cover every pillow on the bed. Remove any pillows that do not have covers. Remember to zip the cover tight.



If sleeping in a bunk bed, the top bunk's mattress and box springs should also be covered with allergen-proof covers.



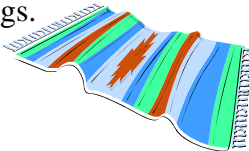
Wash all blankets, sheets, and bedding materials every two weeks in hot water.



Vacuum areas with carpet every week with a vacuum cleaner.

Damp mop areas without carpet.

Remove carpeting if possible and replace with washable area rugs.



If you have forced air, keep filters over vents and replace filters every three months.

Damp dust all surfaces in the bedroom weekly.

Remove dust collectors like stuffed animals. Pick one favorite animal that is washable.

