



## Dust and Dust Mites Can Trigger Asthma

All homes have dust. The dust has things that can cause an asthma attack such as dust mites, animal dander and mold. Dust can also carry other things that may harm a child's health, such as lead, pesticide residue and other toxic chemicals. Dust can make asthma worse when it is breathed into the lungs.

**Dust mites are small bugs that live in every house.** They eat human skin flakes we shed every day. The droppings and remains of dust mites are allergy triggers. Contact with dust mites causes some people to have asthma attacks.

- Dust mites like warm, moist places filled with dust.
- They are found mostly in bedrooms.
- They live in house dust, stuffed toys, beds and bedding, furniture cushions and fabric and carpets.



## How to get rid of dust mites: your child's bedroom

We spend a lot of our time sleeping, so it is important to find and reduce asthma triggers in the bedroom.

- Wash bedding every week in 130 degree hot water.
- Use plastic or dust proof mattress covers and pillow cases that are hypoallergenic.
- Keep bedroom free of old books, paper, shoes, and anything that collects dust.
- Keep stuffed toys and animals off the bed.



**See page 2 for more ways to get rid of dust mites**

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## More ways to get rid of dust mites

- Keep humidity low by running an air conditioner in humid weather if possible.
- Change furnace and other air filters on a regular basis.
- Use doormats and clean them on both sides once a month.
- Remove shoes when entering house.
- Use window blinds instead of drapes.
- Have floors without carpet. Have as few carpets and rugs as possible.
- Dust every week.
- If you mop, use a wet mop
- Vacuum and wet dust floors and furniture at least 2 times a week in your child's bedroom and play areas.
- Vacuum and wet dust floors and furniture at least 1 time a week in other rooms. Your doctor may recommend a HEPA filter for your house.
- Only vacuum or dust when the person with asthma is away or wearing a dust mask.
- Keep your child out of the house or room for at least 20 to 30 minutes after you finish cleaning. This allows time for dust and allergens that get into the air during cleaning to settle down to the floor.



**For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**