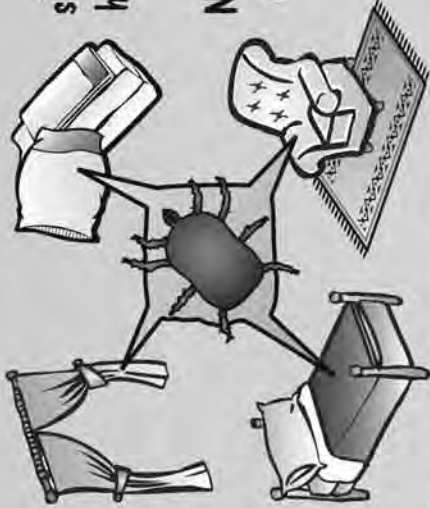


DUST MITES

Dust mites are tiny microscopic relatives of the spider and live on mattresses, bedding, upholstered furniture, carpets and curtains.

These tiny creatures feed on the flakes of skin that people and pets



shed daily and they thrive in warm and humid environments.

No matter how clean a home is, dust mites cannot be totally eliminated. However, the number of mites can be reduced by following the suggestions below.

Preventive Strategies

- Encase your mattress and pillows in dust-proof or allergen impermeable covers (available from specialty supply mail order companies or some bedding and department stores).
- Wash all bedding and blankets once a week in hot water (at least 130-140° F) to kill dust mites. Non-washable bedding can be frozen overnight to kill dust mites.
- Replace wool or feathered bedding with synthetic materials and traditional stuffed animals with washable ones.
- If possible, replace wall-to-wall carpets in bedrooms with bare floors (linoleum, tile or wood) and remove

fabric curtains and upholstered furniture.

- Use a damp mop or rag to remove dust. Never use a dry cloth since this just stirs up mite allergens.
- Use a dehumidifier or air conditioner to maintain relative humidity at about 50% or below.
- Use a vacuum cleaner with either a double-layered microfilter bag or a HEPA filter to trap allergens that pass through a vacuum's exhaust.
- Wear a mask while vacuuming to avoid inhaling allergens, and stay out of the vacuumed area for 20 minutes to allow any dust and allergens to settle after vacuuming.