# Prescriptions for Prevention

## Dust Mites

### Did you know?

Dust mites are insects too tiny to see with the human eye. They are found in every home. Dust mites can trigger asthma and allergies.

## Action Plan

- Dust mites live in carpets, bedding, upholstered furniture, and stuffed toys. You can take these steps to limit exposure:
  - Use Asthma and Allergy Foundation Certified covers on pillows, mattresses, and box springs.
  - Wash sheets and blankets weekly in hot water to kill dust mites (dark colored bedding will fade in hot water).
  - Wash stuffed toys regularly. If they cannot be washed, keep them out of sleeping areas.
  - Vacuum floors and fabric-covered furniture regularly. If possible, use a vacuum with a high-efficiency particulate air (HEPA) filter.




- Dust mites thrive with high humidity. Keep humidity levels ideally between 30-50%. (more information on the next page).
  - Use an air conditioner or dehumidifier to decrease the humidity in your home.

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

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## Resources

**How to Measure Humidity in Your Home:**

Hygrometers or Humidity Monitors can be purchased for around $10 to measure the humidity in your home.

Humidity levels should be kept at 30% - 50% to prevent dust mites. You can lower humidity with an air conditioner or dehumidifier.

### Eliminating Dust Mites to Prevent Asthma & Allergy

For more information about safe ways to control dust mites in your home, click this link or scan the QR code:

### Asthma & Allergy Foundation Certified Mattress and Pillow Covers

For help finding Asthma & Allergy Friendly® bedding that blocks dust mites, click this link or scan the QR code:

### Community Asthma Prevention Program

Dust mites can be an asthma trigger. To learn more about CHOP's free education and support resources for children with asthma, click this link or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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