

## **Dust mites:**

### **10 quit tips to combat against dust mite allergy**

**Dust mites are common even in clean homes. They find ideal living conditions in our houses. House dust mites feed on human scales or flakes which shed from the skin and on microscopic fungus (mould) which grows mainly on mattresses. People are not allergic to the mites themselves, but to their droppings. To combat dust mite allergy read the following:**

1. Air the rooms 4-5 x a day for 5-10 minutes
2. Don't overheat the rooms (bedrooms max. 20°Celsius)
3. Avoid the following dust-traps:
  - a. Open shelves and racks
  - b. Carpets with hairy wool
  - c. Thick curtains
  - d. Too many pillows
  - e. Cuddly toys
  - f. Plants and dry flowers
4. Remove the dust regularly and wipe plain floors every second day with water.
5. Change carpets against plain floors and upholstery furniture against leather furniture.
6. Choose anti-allergic material for mattresses and covers
7. Use covers for your mattresses which keep away dust mites
8. Clean the bed covers every week and air every day
9. Buy new mattresses every eight years
10. Don't use a moisturiser