

# HOUSE DUST MITE ALLERGY

Allergy to house dust mite is a problem that affects millions of people all over the world.



## THE CAUSE OF DUST MITE ALLERGY

Tiny 8-legged creatures called dust mites seem to be the major cause of allergic reactions in house dust. Inhalation of their microscopic fecal pellets and bodies provokes allergic symptoms such as nasal congestion, itching, watery eyes, and sneezing.



## WHERE DUST MITES LIVE

Mattresses, pillows, carpets, furniture and stuffed toys are ideal places for house dust mites. House dust mites thrive in warm, humid environments and prefer temperatures at or above 21 degrees Celsius. Mite-allergic patients are also exposed to significant mite allergens in public places such as schools, movie theaters and public transportation.



## AVOIDING DUST MITE ALLERGENS

Most people spend about a third of their lives in the bedroom, so this is a good place to start eliminating dust mite exposure. This can be accomplished by:

- Washing your bed linens, pillow cases, blankets and bed spreads frequently
- Enclosing your mattress, box spring and pillows in vinyl or synthetic coverings
- Eliminating upholstered furniture, carpeting and drapes
- Wet-mopping and vacuuming frequently
- Removing stuffed toys
- Using air filtration devices
- Keeping the humidity as low as possible (35–50%)
- Using non-toxic cleaning agents to kill house dust mites and remove allergens



MORE THAN **4 IN 10** PEOPLE MAY BE  
**ALLERGIC TO DUST MITES.<sup>1</sup>**

**PLEASE ASK YOUR ALLERGY  
SPECIALIST ABOUT TREATMENT  
OPTIONS FOR HOUSE DUST  
MITE ALLERGY**

**Reference: 1.** Chan-Yeung M, Anthonisen NR, Beclake MR, et al. Geographical variations in the prevalence of atopic sensitization in six study sites across Canada. *Allergy*. 2010;65(11):1404-1413. doi:10.1111/j.1398-9995.2010.02399.x



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