

Children's Outpatients Department

House dust mite avoidance

The house dust mite (HDM) is one of the most common causes of indoor allergies. They thrive in the warmth and humidity of all homes in the UK. Bedrooms and living areas are particularly inviting to the HDM and they can be found in beds, mattresses, pillows, carpets, and soft furnishings.

To reduce exposure to this allergen:

- Keep soft toys to a minimum. Wash them every week at 60 degrees. Or put them into the freezer inside a plastic bag for 12 hours once a month. This will kill the HDM.
- Encase the mattress, pillows and duvet in a mite proof cover
- Allergic children should not sleep in the bottom bunk bed where house dust mite can fall onto them.
- Avoid using blankets and throws
- Wash bedding every week at 60 degrees to kill the HDM
- Open windows and turn the heating down.
- Damp dust
- Use a vacuum cleaner with a dust mite filter
- When replacing curtains, consider blinds
- When replacing carpets, consider using lino or wooden flooring
- When replacing sofas and chairs, consider wipeable (leather) or washable fabrics



Patient Information

This list is not exhaustive. More information on allergies, how to avoid them and how to treat them, can be found at:

www.allergyuk.org

www.asthma.org.uk

www.nhs.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7216 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

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