

Asthma Management: The Dust Mite Allergen

Now, a health minute.

A common cause of indoor asthma flare-ups is the dust mite allergen. Dust mites are tiny insects, too small to be seen that live on dust.

No matter how clean you keep your environment, dust mites exist in every home.

They thrive when the humidity is high and are found in bed linen, mattresses and pillows, upholstered furniture and carpets.

To reduce dust mites, vacuum often, preferably using a HEPA filter.

Replace or remove dust collectors in your house, like carpets, fabric curtains, and even stuffed animals.

Remove visible dust frequently.

Keep the humidity in your house below 50%. Use a dehumidifier if necessary.

And use a HEPA in-home air filter if possible and change it as recommended.