

These articles from Jocelyne Grandjean Brown, Re/Max Professionals, 352-870-9929 and Home Warranty of America, Inc., will help you improve your home, creating a healthier environment while saving energy and the planet. Stay tuned for more!

REDUCING PESKY DUST MITES



You can help reduce allergy and asthma problems by taking steps to lower dust mites in your home. While these tiny creatures are in every home and you cannot completely eliminate them, you can control them and create a healthier environment.

They are normally found in mattresses, pillows, carpets, and furniture. We can have reactions to them because they produce airborne allergens.

-Humidity is a big contributor to dust mite proliferation. Use a dehumidifier or air conditioner in the summer and maintain the humidity in your home at 50% or below (not lower than 35%).

A central vacuum vented outdoors, many times in the garage, is a great piece of equipment to get the mites out of the house. If you do not have one, use a vacuum with a HEPA filter.

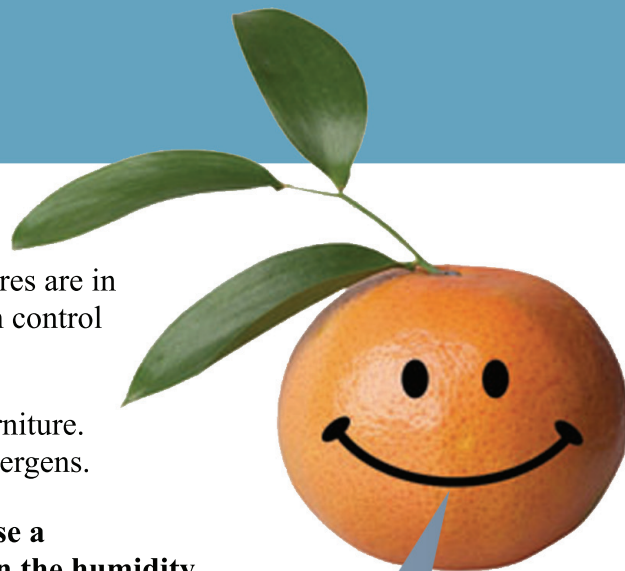
-If you have very sensitive family members, you may want to use an electronic air cleaner sized for the whole home or high efficiency furnace filters.

-Make sure when you dust your home and furniture, that you use a rag that will collect the dust, not just a dry rag that will move it around and into the air again.

-Synthetic bedding is the best for keeping dust mite populations down. Eliminate wool or feather bedding materials.

-Wash stuffed animals and toys in children's rooms and playrooms. Try to only buy stuffed toys that are washable.

Asthma is linked more to dust mites in mattresses and pillows than other areas of your home. You can reduce this by covering your bedding from mattresses to pillows in allergen impermeable covers.



Dust mites are microscopic relatives to ticks and spiders and feed on the skin we naturally shed.

You will be able to reduce dust mites the most by maintaining proper humidity in your home.

