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Control Dust Mites, Cockroaches and Molds

- Use synthetic polyester-fill pillows and comforters
- **NEVER** use feather or down pillows or comforters
- Encase pillows, mattresses, and box mattresses in zippered dust mite-proof covers
- Keep covers clean by vacuuming or wiping them down at least once per week
- Wash sheets and blankets at least once per week in very hot water (130° or higher, Fahrenheit)
- Avoid:
 - Upholstered furniture
 - Window mini-blinds
 - Carpeting in the bedroom and in whatever room you spend much time
- Use washable throw rugs on vinyl or hardwood floors
- Use washable curtains and vinyl window shades that can be washed down
- Wash rugs and curtains in hot water at least weekly
- Dust and vacuum at least weekly. Consider a vacuum cleaner with a HEPA* filter
- Avoid humidifiers, as moist air promotes dust mite infestation. Keep humidity in the air below 40%
- If you use a humidifier, change the water every day and clean the inside 2-3 times per week to reduce the growth of mold.
- Ventilate bathrooms, basements, and other dark/moist places
- Use a dehumidifier in basements
- Use air conditioning to help remove excess air moisture and change the filters at least once per month
- Avoid wallpaper and carpets in bathrooms
- Use a weak bleach solution of 1 cup of bleach per gallon of water to kill mold in bathrooms and other areas.
- Keep windows and doors shut during the pollen seasons.
- Remove animals from the home, particularly the bedroom and other rooms where you spend some periods of time

* HEPA = High-Efficiency Particulate

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- Once a pet has been removed from the room or home, it may take several months to remove all of the animal dander from the space
- If you refuse to remove the animal from the home:
 - Wash the animal at least once per week
 - NEVER allow the animal into the bedroom or other rooms in which you spend time
 - Consider a central or room unit HEPA filter
- Remove all food and water sources that attract cockroaches
- Use effective pesticides
- Seal cracks in walls and floors
- During the mold and pollen seasons, drive with the car windows shut and keep on the air conditioner