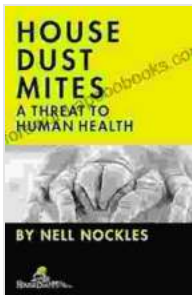


# House Dust Mites: A Threat to Human Health



## HOUSE DUST MITES: A Threat to Human Health

by NELL NOCKLES

★★★★★ 5 out of 5

Language : English  
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House dust mites are tiny creatures that live in our homes and feed on dead skin cells. While they are not visible to the naked eye, they can have a major impact on our health.

Dust mites produce a variety of allergens that can trigger allergies and asthma. These allergens can cause a range of symptoms, including sneezing, runny nose, itchy eyes, and difficulty breathing. In severe cases, dust mites can even lead to hospitalization.

In addition to allergies and asthma, dust mites can also contribute to other respiratory problems, such as bronchitis and pneumonia. They can also worsen symptoms of other chronic conditions, such as cystic fibrosis and emphysema.

The good news is that there are a number of things you can do to reduce your exposure to dust mites and protect your health.

## **How to Reduce Your Exposure to Dust Mites**

There are a number of simple steps you can take to reduce your exposure to dust mites and protect your health.

- **Wash your bedding in hot water.** Dust mites cannot survive in temperatures above 130 degrees Fahrenheit. Washing your bedding in hot water will kill dust mites and their eggs.
- **Use a dehumidifier.** Dust mites thrive in humid environments. Using a dehumidifier to reduce the humidity in your home will make it less hospitable for dust mites.
- **Vacuum your floors and carpets regularly.** Vacuuming will remove dust mites and their allergens from your home. Be sure to use a vacuum cleaner with a HEPA filter to trap dust mites and their allergens.
- **Use mite-proof covers.** Mite-proof covers can be placed on your mattress, box spring, and pillows to prevent dust mites from getting inside. These covers are made of a tightly woven fabric that prevents dust mites from passing through.
- **Declutter your home.** Dust mites love to hide in clutter. Decluttering your home will reduce the number of places where dust mites can live and hide.
- **Get rid of stuffed animals.** Stuffed animals are a breeding ground for dust mites. If you have children, encourage them to keep their stuffed animals in a toy box or on a shelf where they will not collect dust.

- **See a doctor if you have persistent symptoms.** If you have persistent symptoms of allergies or asthma, see a doctor. Your doctor can help you determine if dust mites are the cause of your symptoms and recommend treatment options.

## **Treatment Options for Dust Mite Allergies and Asthma**

If you have dust mite allergies or asthma, there are a number of treatment options available. These treatments can help to reduce your symptoms and improve your quality of life.

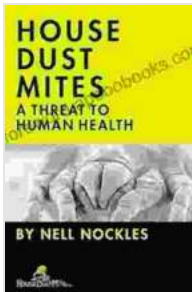
Some of the most common treatment options for dust mite allergies and asthma include:

- **Allergy shots.** Allergy shots are a type of immunotherapy that can help to reduce your sensitivity to dust mites. Allergy shots are given over a period of several months. As your sensitivity to dust mites decreases, your symptoms will improve.
- **Medication.** There are a number of different medications available to treat dust mite allergies and asthma. These medications can help to reduce inflammation and open up your airways.
- **Lifestyle changes.** In addition to medication, there are a number of lifestyle changes you can make to reduce your exposure to dust mites and improve your symptoms. These changes include washing your bedding in hot water, using a dehumidifier, and vacuuming your floors and carpets regularly.

House dust mites are a major threat to human health. They can trigger allergies and asthma, and they can contribute to other respiratory

problems. Fortunately, there are a number of things you can do to reduce your exposure to dust mites and protect your health.

If you have persistent symptoms of allergies or asthma, see a doctor. Your doctor can help you determine if dust mites are the cause of your symptoms and recommend treatment options.

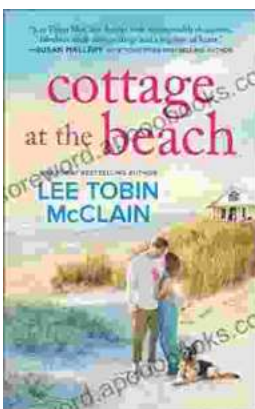


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