

Top tips for children with dust mite allergy:

Exposure to dust mites is a major cause of asthma and allergy in children. To help with treating and - most importantly - preventing the symptoms, a combination of measures is recommended.

Here is a list of the most important ones:

Bedroom:

The bed is the ideal home for the house dust mite, as it provides a warm and humid environment and the mite lives off the skin and hair particles that we constantly emit.

For children in particular, the dust mite can be a dangerous bedmate as it can cause asthma and worsen child eczema.

1. Fully cover the mattress (and ideally also pillows and duvet) with effective allergen protective covers. *
2. Wash your normal cotton bedding at 60°C every 2 weeks, and your allergen protective covers 4-5 times a year.
3. Minimize soft toys. If using soft toys, they must be washed every week in the washing machine at 60°C and then tumble dried.
4. The bed frame should not be too close to the floor, in order to be able to Hoover under the bed and lower the moisture in the mattress. Always keep the area under the bed free of toys, drawers with bedding etc.
5. Replace all wall-to-wall carpets with wooden floor, vinyl or other hard flooring which is easier to clean.
6. Avoid cushions and bed throws on the bed as these all collect dust.

Lower humidity:

It is important to lower humidity in your home, as otherwise dust mites have optimal living conditions. You can buy a hygrometer to keep track with the indoor humidity in your home. (Make sure the humidity is below 40% RH, especially in the bedrooms and in particular in the cold months of November to March).

1. Air out all rooms, and especially bedrooms, at least twice (ideally 3 times) a day for 10-15 minutes and at the same time open all windows and doors. Always turn off radiators when doing this to save on the heating.
2. Always open the window in the bathroom after having a bath or shower and, if showering in a shower cabin, dry off the shower walls and floor. Ideally have an extractor fan in the shower/bathroom and leave it on for 20-30 minutes after bathing to reduce the humidity.
3. Avoid drying clothes or towels inside your living- or bedrooms.
4. Keep all rooms in your home at the same temperature during day time. Never have more than 5°C difference between 2 rooms. It is ok to reduce the temperature in the bedroom a little at night.
5. When cooking, always use a kitchen extractor fan, and always keep the filter clean. Make sure the kitchen extractor fan is vented outside. This is particularly important for tumble-driers too.

Cleaning:

Keep dust mite levels low by cleaning regularly, especially in the bedroom.

1. Hoover and dust regularly – at least once a week, paying special attention to the area around and under the bed.
When dusting, use a damp cloth rather than a duster.
2. When hoovering, air out the rooms at the same time by opening all the windows and doors.
Change the hover bag regularly.
3. Keep the house tidy and clutter free by using cupboards and storing cabinets for dvd's, cd's, files, toys, etc.
4. Minimize upholstered furniture around the house, it is better to have furniture which can be easily wiped clean, and blinds instead of curtains. If using cushions, curtains, soft toys etc make sure they can be washed in the washing machine.

* Be aware of products labeled 'anti allergy bedding', 'hypo-allergenic', 'anti-allergic', etc. as very often these do not help to reduce symptoms of asthma and allergies at all. Only use products that are marked 'EU Medical Device, Class 1', i.e. AllerGuard.

AllerGuard has been medically proven to drastically reduce symptoms of asthma, rhinitis and eczema and is recommended by doctors. It is made with a unique micro-fibre material with a revolutionary tight-weave structure which forms a very effective guard against allergen particles, whilst allowing air and moisture to travel through ensuring a comfortable sleep.

The AllerGuard protective covers are designed to fit on top of the mattress, pillow or duvet under your normal bedding, and can be washed at 60°C and tumble-dried. AllerGuard recommends fully enclosing the mattress with an AllerGuard Mattress Protector which features a specially designed zipper closure for ultimate protection.

For further information, contact AllerGuard UK:

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