

Asthma & Allergy Prevention

House Dust

House dust is a component of who you are. House dust is not just dirt but a mixture of potentially allergenic materials, such as:

- fibers
- food particles
- mold spores
- pollens
- dust mites
- plant & insect parts
- hair, animal fur & feathers
- dried saliva & urine from pets
- flakes of human & animal skin



The more time you spend indoors, particularly in the fall and winter, the greater your exposure to house dust allergens.

Preventive Strategies

- Dust rooms thoroughly with a damp cloth at least once a week.
- Wear protective gloves and a dust mask while cleaning to reduce exposure to dust and cleaning irritants.
- Use electric and hot water radiant heaters to provide a cleaner source of heat than "blown air" systems.
- Reduce the number of stuffed animals, wicker baskets, dried flowers and other dust collectors around the house.
- Replace heavy drapes and blinds with washable curtains or shades.
- Replace carpets with washable scatter rugs or bare floors (wood, tile or linoleum).



For further information about asthma, contact:

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