



Environmental Controls

DUST-MITE CONTROL

- Encase mattress, pillow
- Wash all bedding in hot water every week
- Avoid wool and down blankets and comforters
- Remove all carpeting from bedroom
- Cover hot air vents with filters or cheesecloth
- Remove heavy curtains
- Substitute wooden, plastic, vinyl, leather, or cloth furniture for upholstered furniture
- Use HEPA or electrostatic air cleaners in home
- Run air conditioners, portable or central, all summer
- Remove dust collectors in bedroom
- Freeze, wash, or remove stuffed toys from room
- Clean drawers, closets, and hard surfaces with a treated cloth
- Keep closet door shut
- Wear a fitted facemask during cleaning
- Use vacuum cleaner with double bags and HEPA exhaust filter
- Clear under refrigerator frequently
- Use dehumidifier
- Keep home relative humidity between 35-50%, use a humidity gauge to check

MOLD CONTROLS

- Lower humidity to 35-50%, use humidity gauge to check
- Use air conditioner all summer
- Use dehumidifiers in basement and other damp places
- Change water daily and wash humidifier, if used, with bleach several times a week
- Limit number of indoor plants
- Remove foam rubber pillows
- Use HEPA air cleaners
- Use exhaust fans in bathroom
- Remove carpet in bathrooms and basement floors
- Wash shower curtains, showers, and bathtubs regularly
- Vent the clothes dryer to outside
- Cover basement floor with vinyl instead of carpet
- Use a face mask when cutting grass and raking leaves

- Correct drainage problems near the house

PET CONTROLS

- Remove indoor pets
- Prefer pets such as: tropical fish, snakes, lizards, turtles, salamanders, frogs, and spiders
- Keep pets out of bedroom
- Wash pets weekly
- Vacuum frequently
- Use a facemask when brushing pet and vacuuming
- Use HEPA or electrostatic air cleaners
- Replace furnace filter monthly