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