

Allergen Avoidance Checklist

<u>ITEM</u>	<u>ALLERGEN</u>	<u>REMEDY</u>
Carpets	Dust mite by-products	Remove if possible.
Carpet pads	Horse hair	Remove if possible.
Bare floors	Dust mite by-products	Damp mop or dust three times a week.
Upholstered furniture (old and new)	Kapok (plant derivative), furniture horse hair, feathers	Remove or seal with vinyl or plastic covers.
Pillows	Feathers, kapok, dust mite by-products	Cover with dust proof zippered encasing, wash encasing 2 times a year.
Mattress	Horse hair, cotton linter, dust mite by-products	Cover with dust proof zippered encasing, wash encasing 2 times a year. Wash all fabrics above encasing every 7-14 days in hot water.
Box spring	Dust mite by-products	Encase with vinyl box spring protector, wipe with a damp cloth once a week.
Comforters, quilts	Feathers	Remove or cover with dust proof comforter cover.
Stuffed animals	Dust mite by-products, kapok, feathers	Remove or wash in hot water once a week or place in freezer for 24 hours.
Books	Dust mite by-products	Remove as many as possible from bedroom or store in glass enclosed bookcase.
Bathrooms, windows, doors	Mold, mildew, pollen	Use X14 or bleach to remove mold. (Install a window ventilator to filter outside irritants.)
Dampness, high humidity	Increases dust mite population	Dehumidify, use air conditioner in warm months, avoid vaporizers.
Pets	Dander, dust, pollen	Remove, keep outdoors or keep out of bedroom. Wash pet every 4 weeks.
Hands	Latex	Use non-latex products.