

The Asthma-Friendly Bedroom



Dust Mites

A dust mite is a tiny bug that is too small to see but can cause breathing trouble for children with asthma.

They are everywhere, even in the cleanest homes.

They live in things that collect dust like pillows, bedding, chairs and sofas with cloth covers, mattresses, and rugs.

The best way to kill them is by washing items in hot water.



Bedroom/Sleep Space

Sheets and cloth on sofas and chairs can be full of dust mites.

Wash all bedding in hot water once a week.

Wash pillows once a month.

Cover mattresses, box springs, and pillows in a dust-proof cover.

If your child sleeps on a sofa, cover the sofa with a clean sheet or slip cover that can be washed.

Vacuum the sofa every week.

Keep windows closed, use air conditioner if possible in warmer months.

Children under the age of one should **never** sleep on a sofa.



Toys

Toys, books, and stuffed animals can also be full of dust mites.

Keep stuffed toys off the child's bed, if possible.

Wash them monthly in hot water and dry them completely. Washing is best but if they can't be washed, put them inside a plastic bag and close it tight for two days. This helps kill dust mites but doesn't remove their droppings.

Dust other toys, furniture, walls, and books with a damp cloth or a cloth that traps dust once a week.



Rugs

Rugs can also be full of dust mites.

Children with asthma should not have rugs in their rooms. If the rug must stay, vacuum it once a week with a HEPA vacuum, if possible. A HEPA vacuum has a special filter that traps dust so it doesn't go back into the air.

Curtains should be washed regularly or vacuumed with a HEPA vacuum.

Avoid vacuuming when your child is around, if possible.



Pets

Children with asthma can be allergic to animals with fur, such as cats, dogs, and hamsters.

Pets should stay outside, if possible.

Do not allow pets in the child's sleep area.

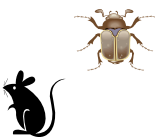
Pets should stay off sofas and chairs with cloth covers.



Smoke

Cigarette smoke makes asthma worse and may cause children who do not have asthma to develop it.

Nobody should ever be allowed to smoke in the house or car.



Pests

Many children with asthma are allergic to cockroaches, mice, and rats.

Because these pests need food to live, they like to live in places where there is lots of food left around.

Do not allow anyone to eat where your child sleeps.