

Clearing the Air

Understanding Dust Mite Allergy

Dust mites are very tiny insects that live in house dust. They thrive in warm and humid environments. They are commonly found in bedding, carpets, and upholstered furniture. They feed on dead skin cells shed by humans and pets.

- **Carriers of dust mite:**



- **Who can develop dust mite allergy?**

- Dust mite allergies can impact anyone
- Exposure to dust mites is the main cause
- Those with asthma, or hay fever are more prone
- A family history of allergies also increases the risk



- **Symptoms of Dust Mite Allergy**



Sneezing



Runny nose



Skin rashes



Coughing



Difficulty in breathing



Itchy or watery eyes

- **How long does a dust mite allergy last?**

When you're away from dust mites, symptoms usually fade within hours, but severe allergies may last days

- **Diagnosis:**

If you suspect a dust mite allergy, consult your doctor.

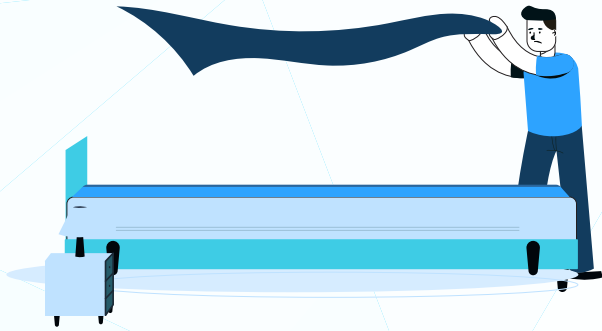
You may have to undergo the following:

- Skin prick test
- Blood test



- **Management and Prevention**

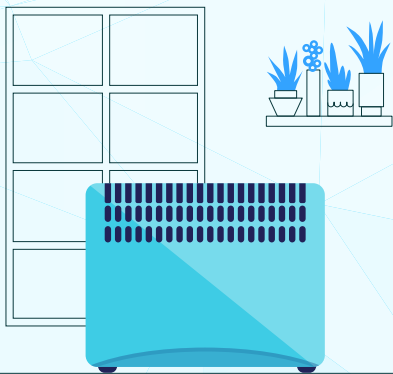
Reduce dust mite exposure with the following:



Choose easy-to-clean covers and mattresses



Wash bedding weekly in hot water



At home, keep humidity low



Buy washable stuffed toys



Vacuum carpets & upholstered furniture regularly

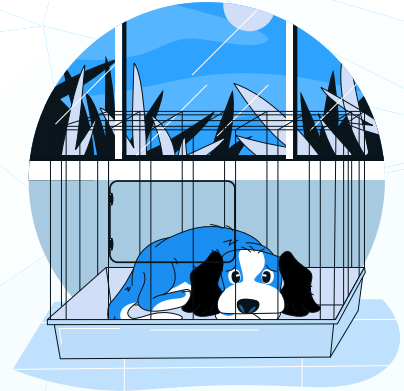


Reduce clutter

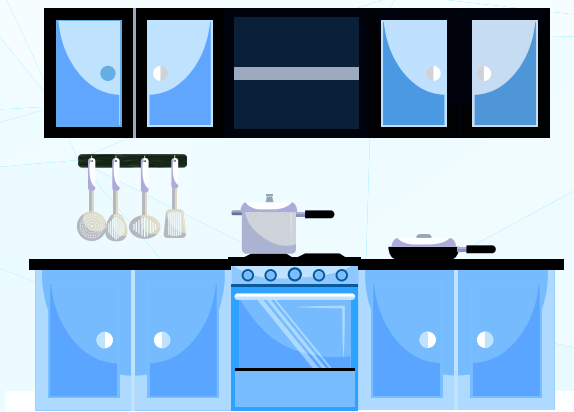
- **Lifestyle Changes**



Avoid using feather-filled pillows



If allergic, keep pets away



Cover the food, seal garbage tightly



Use traps and pest control



Replace carpeting with hard flooring

- **Remember**

Reduce dust mite exposure with the following:

- Regularly follow up with your doctor to monitor your condition and adjust treatment if needed
- Discuss any concerns or new symptoms with your healthcare provider

- **Conclusion**

Living with dust mite allergy can be challenging. Prevention strategies can improve your quality of life. By understanding your triggers and working closely with your doctor, you can enjoy a healthier, more comfortable life

- **References**

- Dust Mite Allergy: Causes, Symptoms & Treatment ([clevelandclinic.org](https://www.clevelandclinic.org))
- Dust Allergy | Causes, Symptoms & Treatment | ACAAI Public Website
- Dust mite allergy - Symptoms & causes - Mayo Clinic
- Dust Mites | American Lung Association
- Images courtesy Freepik & Canva | (www.freepik.com) (www.canva.com)