



## Dr Leila Masson

M.D., MPH, FRACP, FACNEM, DTMH  
Paediatrician & Lactation Consultant

### Dust Mite Precautions

1. Get dust mite covers for the mattress, duvet and pillow (for example [allergend.com.au](http://allergend.com.au)). If you are going to buy a new mattress, check out dust mite proof ones, for example latex. You can also buy dust mite proof pillows and duvets.
2. Wash sheets and covers with hot water and add a few drops of eucalyptus extract, citronella oil or tea tree oil – they all kill dust mites.
3. Vacuum at least twice a week with a vacuum with a HEPA filter.
4. If you can get rid of carpets, at least in the bedroom.
5. Moist dusting around the bedroom at least twice a week.
6. Take away dust catchers, such as stuffed animals from around the bed. If your child is very attached to them, choose a couple to stay around the bed, but either wash and dry them once a week or put in the freezer for 12 hours once a week.
7. Consider getting a room air purifier with a HEPA filter, which filters the dust mites out of the air.