

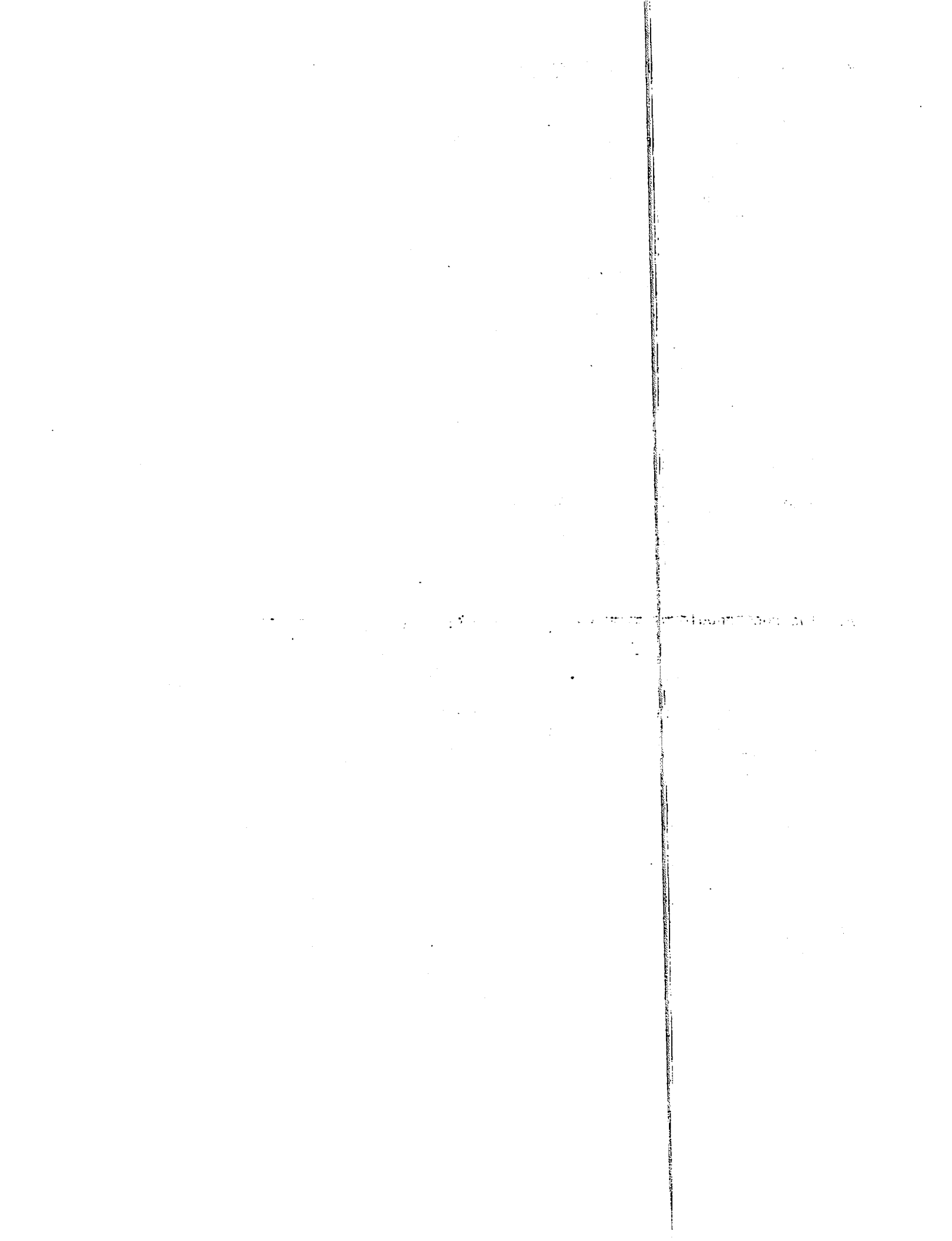
INSTRUCTIONS FOR CONTROL OF ALLERGENS IN THE HOME

1. General

- A. Animals and birds should be kept out of the house.
- B. Plants and aquariums, which harbor molds, and hides, which collect dust, should be removed.
- C. Any old, musty, upholstered or dust-collecting furniture should be removed from the house.
- D. Storerooms containing old, dust-collecting items (books, clothing, etc.) should be kept closed, and sealed off if possible.
- E. General housecleaning should be done when the allergic child is not home.
- F. All upholstered furniture, cushions, pillows, and rugs should be vacuum-cleaned twice weekly. A vacuum cleaner with a disposable enclosed bag (tank type) will stir up less dust.
- G. Electric heating is preferable. If a circulating hot air system is used, much house dust tends to be stirred up and distributed and some filtering system, especially one utilizing an electrostatic precipitator, should be considered (See 2J). Disposable filters should be changed monthly.
- H. Toys which collect dust must be avoided. If stuffed toys are used, only those with synthetic stuffing are acceptable. They should be washed or tumbled in the dryer weekly.
- I. Children should not play in areas with high dust and mold concentrations eg. unfinished basements or attics.
- J. Humidifiers and cold-mist vapourizers should be checked for mold and cleaned regularly with a fungicidal solution.
- K. The child's exposure to irritants, such as tobacco smoke, perfumes, paints, and aerosol sprays should be minimized.

2. Bedroom

- A. The room should be completely emptied for the first cleaning.
- B. The woodwork, especially window frames, should be inspected for dirt, holes, and mildew, etc. prior to cleaning, repairing and painting.
- C. All surfaces should be thoroughly cleaned, and the floor waxed.
- D. Return only essential furniture. All furniture in use, especially the bed and springs, should be scrubbed. No heavy drapes, Venetian blinds or upholstered items should be used.
- E. A fiber-fill slab pillow should be provided. Pillows, box springs and mattress should be covered with dust-proof encasing and zippers should be taped to ensure a complete seal.
- F. Washable cotton rugs are preferred to carpeting. Shag carpeting is impossible to keep dust-free.
- G. Clothes not in current use should be stored outside of the bedroom.
- H. The bedroom should be cleaned daily. Once a week, curtains, rugs, and bedding should also be cleaned and aired. All surfaces, including tops of doors and window frames should be wiped clean with a damp or oiled cloth.
- I. The bedroom windows should be kept closed, and the door kept closed as much as possible. (An air-conditioner may provide comfort at night, especially during the pollen season.)
- J. If forced air heating is used, furnace openings in the room should be sealed with aluminum foil. An electric heater can then be used in the room.
- K. Cover mattresses and boxsprings with zippered plastic/vinyl casings available from large department stores. Seal zipper with waterproof tape.



ENVIRONMENTAL CONTROL FOR HOUSE DUST MITE

House dust mites come in numerous varieties, and only selected ones are available for skin testing to help diagnose allergic reactions. They are sightless, eight-legged animals which are approximately 1/3 mm long. (Not quite visible to the naked eye.) They generally feed on human skin cells and like to live in an environment where it is relatively warm and relatively humid. Optimal growth conditions for mites include a relative humidity of about 70 percent and abundant supplies of human skin cells for nutrition. Most other skin cells, however, could supply sufficient nutrition for them, including feathers or down.

Because they like to live in places where it is warm and humid and where they get a good supply of food, they oftentimes can be found close to where people spend a fair amount of time, such as in bedroom environments, especially in the bed and in the pillows. The pillows that we generally see least in the way of trouble with are synthetic types of fiber pillows which should be changed periodically since mites will accumulate in them over a period of time. Every two years or so is a general average duration of time before we start to get a higher concentration of house dust mite in the pillow. Vinyl mattress covers which totally enclose the mattress should also be used since they could help to trap the mite particles specifically in the mattress. It is not only the living mites that patients are sensitive to, but also the dead mite particles and especially the fecal particles which appear to cause most in the way of trouble. By totally enclosing the mattress, one can totally seal off the mites from direct contact with the patient. In some patients where they have a high degree of reactivity to mites, sealing off the box spring is also a consideration.

Since house dust is composed primarily of house dust mite, especially in coastal areas, controlling the amount of dust could certainly help decrease the problem. Feather pillows and comforters prove to be a very good source for house dust mite growth, and should be avoided. Carpeted areas contain high concentrations of house dust mite and one can sometimes find up to 600 mites per square foot in a carpeted area, as opposed to 5 or 6 mites per square foot in a hardwood or linoleum area.

We generally have most in the way of trouble with house dust mites on the West Coast from the months of August to about April, with general peaks around October/November and once again around February/March once our weather gets colder, the forced air heating systems are turned on, the rainfall starts, and the humidity increases. House dust mites are very humidity dependent and generally don't thrive at concentrations of humidity less than 50 percent.

Changing filters on furnaces on a regular schedule, such as once a month, will certainly help decrease the amount of house dust blowing through the house environment. Various types of electrostatic air precipitators can sometimes be considered since they do, in some patients, appear to significantly decrease the amount of problems that they are having.

G. H. Luciuk, M.D., F.R.C.P.(C)

Hedera

Allergen powdering

Regency

hot water 130°F x 10 min

wet / mild
Dry

Hepa Brean

condens dry

APRIL

Allypist

3 Feb 1750

5250

Cat - saliva

Dog - urine

- with whole
bush get daily

Alder Jan - April

7-8 month 14 month

Recess

2-3 year

2 weeks → 4 months

wet

Continual TBF

egg rearing

2/1 Acus

2/1 15 day

lot 2 day