

## Anti Allergy Bedding

Did you know that 1 in 5 school children have asthma?

Did you know that a six year old pillow can have 10% of its weight consisting of old skin, mould, mite dung, dead and living mites?

Why all the fuss about House Dust Mites?

- Asthma has increased dramatically over the last 20 years
- 3 million people suffer from asthma in the UK
- 750,000 are school children
- 100,000 asthma attacks require hospital treatment every year
- 2000 people die from asthma attacks every year
- 80% of asthma sufferers are recorded as house dust mite sensitive
- Mites are found in every home
- Highest numbers will be found where there is highest humidity and plentiful food supply
- The bedroom and particularly within bedding provide ideal conditions for mites to thrive
- We lose up to 1 litre of body moisture and shed skin in bed
- The mites are not so much of a problem as their faecal pellets which break down into micro-dust
- Each mite produces around 20 pellets daily
- Up to 2 million mites live in a double bed mattress
- This dust can be an irritant when inhaled causing narrowing of the airways
- The result is coughing and sneezing

## Allergen Avoidance

After fitting Anti-Allergy Bedding here are some further measures you can take:

1. Avoid drying washing on radiators
2. Avoid creating excess steam in the bathroom. Run cold water into the bath first
3. When cooking use a ventilated extractor fan or at least open a window and close the door to the rest of the house
4. Keep the door closed during and immediately after using en-suite bathrooms
5. Keep bedroom windows open whenever possible
6. Pull the bedcovers back in the morning to allow the bed to air thoroughly
7. Wash all normal (non anti allergy) bedding at 60°C hot wash to destroy mites
8. Vacuum bedroom carpets daily and carpets where children play. Vacuum the house at least once a week
9. Turn your mattress and vacuum it monthly
10. Avoid padded headboards and cot bumpers
11. Avoid cleaning with an asthma sufferer in the room
12. Keep soft toys to a minimum and store them on a shelf
13. Keep pets downstairs and off furniture. Keep their sleeping area clean
14. Maintain good air circulation by opening windows as much and as often as possible