Patient Information for Dust/Dust-Component Avoidance

Test results that indicate that you may be allergic to the following dust and/or dust-components:

- D. Farinae (dust mite)
- D. Pteronyssinus (dust mite)
- Cat antigen (hair, dander)

- Wear a dust mask when performing house cleaning.
- Vacuum house, including upholstered furniture, frequently. Daily vacuuming is helpful (performed by a non-allergic family member).
- Use a vacuum with a dust containing filtration system.
- Replace carpeting with vinyl or wood flooring if possible.
- Clean house with a damp cloth twice weekly (performed by a non-allergic family member).
- Remove objects that collect dust, such as toys, books, etc., from bedroom. Store in tightly closed containers.
- Clean drapes often or remove from bedroom. Avoid heavy drapes.
- Encase mattresses, box springs, and pillows in zipped allergen-proof coverings.
- Change sheets and pillowcases twice weekly. Wash all bedding in hot water.
- Shower prior to bed.
- Use an air treatment system such as an electrostatic air purifier or H.E.P.A. filter air cleaner, particularly in the bedroom.
- Clean all house filters, such as the furnace, air conditioner, dehumidifier, and air treatment system. Specialty furnace and air conditioner filters that remove mold, pollen, and dust are available.
- Keep home humidity level less than 40%. A dehumidifier will help.
- Special carpet powders or sprays such as Acarosan, Allersearch, or Dust Mite Dynamite are available to reduce dust mite growth.

Animal Avoidance (Dust –Component):

- Avoid contact with animal(s) when possible.
- Keep animal(s) outside as much as possible.
- Vacuum house, including upholstered furniture, frequently. Daily vacuuming is helpful (performed by a non-allergic family member).
- Keep animal(s) out of bedroom. Do not sleep with animal(s).
- Bathe animal frequently (performed by a non-allergic family member).
- Remove animal from home, if possible.
- Avoid contact with closely related animals.
- Avoid contact with carpets or fabrics containing animal hair.
- Allergic symptoms may be provoked when attending zoo or circus.
- Consult your veterinarian regarding the use of pet products to reduce pet dander and allergic symptoms. Products such as Allerpet or Outright are available.

**D. pteronyssinus**

**Scientific name:**
Dermatophagoides pteronyssinus

**Description:**
Dust mite allergies occur when allergic individuals inhale mite allergens found in house dust. Mite fecal particles and decomposed body parts represent the major source of house dust mite allergens. Dermatophagoides pteronyssinus is one of several dust mite species. Mites are eight-legged, sightless arthropods that live on skin scales and other debris. They are too small to be seen with the naked eye. In some areas (Brazil, Florida, New Zealand, Japan, and England) dust mite allergens are the primary cause of asthma. In dry climates, mite growth is poor and domestic animals are the dominant source of indoor allergens. Mite infested materials include items such as sofas, blankets, pillows, and carpets.

**Season:**
Studies have shown that mite allergen levels rise during the summer with the increase in outdoor humidity and may remain high until December.

**Other:**
Dust mite sensitivity is extremely common among asthma patients. Mites thrive in warm, moist weather.

**D. farinae**

**Scientific name:**
Dermatophagoides farinae

**Description:**
Dust mite allergens occur when allergic individuals inhale mite allergens found in house dust. Mite fecal particles and decomposed body parts represent the major source of house dust mite allergens. Dermatophagoides farinae is one of several dust mite species. Mites are eight-legged, sightless arthropods that live on skin scales and other debris. They are too small to be seen with the naked eye. In some areas (Brazil, Florida, New Zealand, Japan, and England) dust mite allergens are the primary cause of asthma. In dry climates, mite growth is poor and domestic animals are the dominant source of indoor allergens. Mite infested materials include items such as sofas, blankets, pillows, and carpets.

**Season:**
Studies have shown that mite allergen levels rise during the summer with the increase in outdoor humidity and may remain high until December.

**Other:**
Dust mite sensitivity is extremely common among asthma patients. Mites thrive in warm, moist weather.
Cat Antigen Standardized (Hair/Dander/Epithelium)

Scientific name:
Felis Domesticus

Description:
Allergies to cats occur when allergic individuals inhale cat allergens found in house dust. The main cat allergen, Fel d I, is synthesized in the skin of the cat and is primarily an airborne allergen. The allergens from different cat breeds are closely related. It is believed that increasingly airtight housing over the past 20 years has led to progressively higher levels of cat allergens indoors. Extracts of cat allergen are prepared from cat hair, skin, and saliva.

Season:
Year-round

Other:
Cat allergy is the most common animal allergy. Symptoms of cat allergy include the entire spectrum of respiratory allergies as well as eye symptoms.