

## Is your child coughing a lot in his or her bedroom?

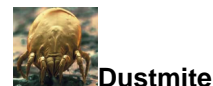
By publisher

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**This is a sign of sensitivity to dust mites. Dust mites can be found almost everywhere, but especially in bed sheets, pillows, covers, carpets, rugs and also on teddy bears and stuffed animals. Use this check list to help make your child's bedroom Asthma-Safe.**

### In Your Child's Bedroom

- Do not allow pets in the bedroom.
- Cover the bed mattress and pillows with dust proof or vinyl covers.
- Wash blankets and sheets each week in hot water (130°F or hotter) to kill dust mites. Dry in clothes dryer on high heat.
- Keep humidity low (between 30% & 50%) with a dehumidifier.
- Wash stuffed animals in hot water and then tumble-dry them **OR**
- Place them in a bag and put them in a freezer once a month for 24 hours.
- Store toys, knickknacks and books in enclosed cases or chests.
- Vacuum carpets every week. (Vacuums with a high-efficiency particulate air filter (HEPA) are best.)
- If possible, remove carpets from the bedroom. If that's not possible, wash rugs in hot water regularly.
- Mop hardwood floors each week with a damp cloth to collect dust particles.
- Avoid ceiling fans
- Wash filters in electric air purifiers, dehumidifiers and air conditioners weekly.



[◀ What Makes My Child's Asthma Worse?: My Child's Trigger Checklist](#) [up](#)  
[Is your child coughing or wheezing after a bath or shower? ▶](#)

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<http://www.asthmabasics.org/handbook/reduce-asthma-triggers/is-your-child-coughing-a-lot-in-his-or-her-bedroom>