

How To Avoid House Dust Mites



What are house dust mites?

House dust mites (HDM) are microscopic creatures that are found everywhere – in mattresses, pillows, bedsheets, clothes, soft toys, sofas and carpets. Individuals who suffer from asthma, allergic rhinitis or eczema are commonly allergic to HDM allergens. The most common dust mites in Singapore are *Blomia Tropicalis* and *Dermatophagoides* spp. However, other species are also present in Singapore. The droppings of these HDM are the most common triggers of allergy and asthma symptoms.

How will I know if I am allergic to HDM allergens?

As HDM are everywhere, it is difficult to assess clinically if one is allergic to them. Therefore, the most reliable way to test for allergy is via skin prick test or blood test. For more information, please refer to our pamphlet on “Facts on Allergy Tests”.

How do I avoid them?

As we spend most of our time in the bedroom, it is important to reduce the amount of HDM there. Complete avoidance of HDM is impossible but there are measures you can institute to decrease the amount of HDM in your home.



Simple and effective measures

These measures can reduce HDM allergy levels significantly when properly implemented:

- Wash bedsheets and pillowcases in hot water that is 60°C weekly or fortnightly.
- Avoid beddings such as pillows and comforters that are made of natural materials such as feathers. Replace them with items made from synthetic fibres.
- Remove stuffed toys as well as thick and heavy curtains in the bedroom that can trap dust.
- Damp dusting should be used to clean surfaces – avoid feather dusters.
- Air-conditioners, if used, should be cleaned regularly.
- Avoid using carpets in the room.

Other measures

These are addition measures that may reduce HDM allergy level but at a significant cost:

- Use mite-proof mattress and pillow cover together with special blanket.
- Use High-Efficiency Particulate (HEPA) filter vacuum cleaners and air filters.



About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/nuhkids.

Contact Us

24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1
General Enquiry: +65 6772 2555

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2 (Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry: +65 6772 5736 Appointment Line: +65 6772 2002
Fax: +65 6776 2102 Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6772 5030
Fax: +65 6872 4314 Email: cbccappt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899
Operating Hours: 9am – 11pm daily (including public holidays)
General Enquiry: +65 6219 1538 Email: childreucc@nuhs.edu.sg
Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC

Location: Jurong Medical Centre, 60 Jurong West Central 3, Level 2, Singapore 648346
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6665 2530/2531
Fax: +65 6665 0158 Email: cdu@nuhs.edu.sg
Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club, 2 Choa Chu Kang Loop, #03-01, Singapore 689687
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6769 4537/4637
Fax: +65 6665 0158 Email: cdu@nuhs.edu.sg
Website: www.nuh.com.sg/cdu

National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074
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