

JOHN C. BRAICO, M.D., F.A.A.P.
KATHLEEN T. BRAICO, M.D., F.A.A.P.
JAMES D. FUCHS, M.D., F.A.A.P.
MARY J. NEVINS, M.D.
ROGER LEVAC, M.D.
ANN M. DYS, M.S., R.N., C.S., F.N.P.

THE LAAKSO BUILDING
84 BROAD STREET
GLENS FALLS, NEW YORK 12801
TELEPHONE (518) 798-9538

AVOIDING HOUSE DUST

THE DUST-FREE BEDROOM

Most people cannot control the dust they encounter during the day, but the bedroom in which a person spends nearly one-half of his life may be made entirely free of dust. Most people will obtain a great deal of relief from sleeping in a bedroom so prepared. Although the directions may seem complicated and difficult, the results are well worth the effort. It is usually best to start with very strict control of dust, which may be relaxed later. The object of all these measures is, of course, the removal of all possible sources of dust from the bedroom.

I. PREPARATION OF THE ROOM

1. Pick a small simple room which will be easy to keep clean. If possible, only the patient should sleep in the room. If two people must use the same room, both beds must be prepared according to these directions.
2. Remove all furniture, rugs, curtains, pictures, and other objects from the room. Empty the closet and clean it in the same way as the room. The patient should not be present during the room cleaning. All objects brought back into the room should be cleaned and covered.
3. If the room is heated with hot air, cover and seal the air outlets with thick paper and adhesive tape and use an electric heater. If more heat is necessary, make a filter of three to five layers of cheesecloth and carefully fit it to the hot air outlet. Other holes, vents, and pipe openings into the room should be sealed.
4. Thoroughly scrub the woodwork, floors, walls and windows to remove all dust. Use warm, soapy water. Be sure to reach the doorledges and all hidden corners in the room and the closet.
5. Scrub the bed and springs outside the room. Cover the boxspring and mattress with dust proof plastic coverings sealed with tape. Coverings specially designed for allergic patients may be purchased at many department stores. A Dacron filled pillow should be used, never a feather pillow. Use blankets of cotton or synthetic fibers which are easily laundered rather than wool blankets. Use a plain cotton or synthetic bedspread. Do not use a chenille bedspread, a comforter, or a mattress pad.
6. Use a thoroughly cleaned plain wooden, plastic or metal chair. Curtains should be cotton or easily laundered synthetics. Plain cotton washable throw rugs may be used.

HOUSE DUST (cont.)

II. MAINTAINING THE ROOM

1. All bedding should be laundered once a week. Curtains and rugs should be laundered every two to four weeks.
2. If possible, use another room to store clothing and to dress. Otherwise, only clothes in daily use should be kept in the room.
3. Dust the room daily with a damp cloth or oiled rag and mop. Go over all hidden surfaces, door ledges, under beds, etc., at least weekly. Clean the room when the patient is not present.
4. Don't allow fuzzy furry toys in the room. No animals with fur or feathers should ever be in the room.
5. Keep the doors and windows to the room closed at all times except for daily airing.
6. Any items brought into the room, including extra bedding and pillows, should be prepared as above.

OTHER SUGGESTIONS FOR THE DUST-SENSITIVE PATIENT

1. Avoid dusty objects, attics, and closets. If the patient must participate in cleaning, he should wear a dust mask.
2. Try to keep dust at a minimum throughout the house. Vacuum clean and damp mop frequently. Change the filters on hot air furnaces frequently.
3. Avoid strong odors, smoke and insecticides.
4. Avoid contact with animals.