ALLERGIC RHINITIS

Reducing House Dust Mite Exposure at Home

What changes will help my child?



House dust mites are microscopic creatures found in bedding and soft furnishings. Their droppings can trigger allergic rhinitis and asthma. They are present in most homes—the aim is to reduce exposure, especially in the bedroom.



A clean home can still have dust mites.
Keep the home and car free from cigarette smoke.

TREATMENT OPTION

Could house dust mite SLIT help?

If your child's symptoms remain troublesome, speak to your allergy doctor about whether house dust mite sublingual immunotherapy (SLIT) may be suitable.

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