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The Dubai mum's dust mite checklist





In the bedroom

- [ ] Mite-proof covers on mattress & pillows
- [ ] Wash bedding weekly at 60°C
- [ ] Swap bedroom carpet for tiles or wood
- [ ] Freeze soft toys 12 hours, monthly
- [ ] Allergic child on the top bunk



Humidity & AC

- [ ] Keep indoor humidity below 50%
- [ ] Service the AC before summer
- [ ] Change AC filters every 1–3 months
- [ ] Away? Set AC to 26–28°C, don't switch off
- [ ] Close balcony doors on humid nights



For your nanny

- [ ] Damp-dust, never dry dust
- [ ] HEPA vacuum, child out of the room
- [ ] Wash curtains & cushion covers monthly

Skip:
air purifiers for dust mites

Testing?
Ask for dust mite d1 & d2