

DUST FREE



July, 2012



PREPARATION & MAINTENANCE OF A DUST-FREE ROOM

The instructions offered below may seem unnecessarily severe, but experience has shown that a dust-free environment for even a part of a 24-hour period will be substantially beneficial for the dust-sensitive patient. It is impossible to control the dust factor throughout the home or place of work, but the sleeping quarters do lend themselves to rigid control.

The infiltration of dust into a bedroom is insidious and cannot be controlled by ordinary housecleaning methods. Dust filters into the room from around the windows and spaces around the frames. Old dust, which is the most antigenic, also comes from other rooms in the house while many hearing systems are dust circulators.

Pillows, mattresses, box springs, bed pads, blankets, bed spreads, comforters, quilts, stuffed furniture, rugs and drapes all break down to produce substances of allergic importance and if mites are present, all become collectors of mite antigen.

CLEANING WALL, CEILING AND FLOOR

Before cleaning the room, remove all furniture, rugs, carpets, curtains and drapes. All the clothes closets should be emptied (Keep the clothes elsewhere or keep clothing scrupulously clean, dust free, and store in plastic bags).

Clean the Vacant Room as follows:

1. Seal all furnace pipes leading into the room,
2. Clean the walls and ceiling with a damp cloth
3. Scrub the woodwork & the floors in the room
4. Scrub radiators
5. Scrub closet walls, ceilings and floors
6. Wax Floors
7. Linoleum is the preferred floor covering
8. Hardwood floors are also satisfactory

PREPARATION & CARE OF BED

Scrub the bed frame and the springs. The room should contain only a bed of metal or wood. If a box spring is used, it must be covered with a dust-proof covering, or if uncovered, vacuum it weekly. (If a second bed is in the room, it does not require the same manner. A foam rubber mattress does not require covering, as it does not produce dust. In humid climates where mold can grow on rubber or synthetics, cover may be necessary.

Foam rubber or a synthetic (Dacron, etc.) pillow should be used. Do not use feather, kapok, or down pillows. Allergen-proof coverings are available and can also be used on pillows. Use cotton, polyester.