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CAPITAL ALLERGY & RESPIRATORY DISEASE CENTER  
A MEDICAL CORPORATION

HOW TO PREPARE A DUST AND MOLD  
CONTROLLED BEDROOM

**BED:** Anyone with serious allergy should sleep in a bedroom as free of house dust and mold as possible. The room should contain only one bed (per person) of metal or wood. A couch or sofa with attached legs will not do. If a second bed is necessary, it too must be prepared as will be described, even though it is not occupied. Cover the mattress with a zippered plastic cover, readily available in department stores. If any box spring is used, although one is not necessary, it must have a similar encasing. Seal the zipper ends of the encasing with wide adhesive tape. Foam rubber mattresses develop molds after six months and should be encased. The most ideal bed covering is the Dacron comforter. Cotton, rayon or synthetic fiber blankets are also good. Cotton washable rugs may be used if kept clean. A thin synthetic or cotton mattress pad is permitted. Flannel in bedding, pajamas, or other clothing is definitely undesirable. Pillows should be made of a dacron or other synthetic fiber. Do not use kapok, feather, down pillows or foam rubber.

**BEDROOM:** Remove permanently all upholstered furniture, pillows, stuffed toys, window drapes and dust-catching ornaments. Simple wooden or metal furniture is satisfactory. Remove all stored clothing, toys, packages and other articles from the closet. The closet should contain only the patient's clothing in the current use and should be as free of dust as the room. Keep the closet door closed at all times. Close and cover all furnace pipe outlets in the room at all times with layers of cheesecloth. Otherwise, the room will become filled with dust-laden air during the operation of the furnace. An electric heater may be used to heat the room. Electric blankets may also be used. Move the bed and the remaining (unupolstered) furniture, in order to clean the room thoroughly. The entire room should have a thorough initial cleaning from top to bottom with warm, soapy water. Include the molding, lights, shelves, closets, walls, floors, etc., repeat every three months as necessary.

Plain light washable or plastic curtains may be used at the window if kept dust-free. No drapes. No Venetian blinds. Remove banners and other dust collectors from the walls. Keep the room dust-free with frequent cleanings and a weekly wiping down with a damp cloth and mop. Do not use a vacuum cleaner in the presence of the patient. Keep the bedroom door and windows closed off during the day after airing and cleaning in the morning. The allergic patient should not be in the room which is being cleaned. Humidifiers and vaporizers should be avoided as these can promote dust mites and mold.



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**PETS:** Since dogs, cats and birds are among the most notorious causes of allergic troubles, the patient should not live in a home where they are kept. If not already allergic to these animals, their presence invites the patient to become sensitive to them. Replace any ordinary stuffed animals or dolls with hypo-allergenic toys (stuffed with synthetic materials). These are sold by many stores. Some toys can be at the seam, the stuffing can be removed and the toy can be refilled with old nylon stocking. It is also important to try to keep other areas of the house dust free as possible. Do not expose the patient to tobacco smoke or strong odors (e.g., paint, turpentine, cooking odors, perfume) which are irritating. Do not allow the patient to nap or sleep elsewhere unless the bed has been prepared as above. A couch or sofa cannot be encased and, therefore, is not permissible. If the patient is confined to bed by illness, do not bring in extra kapok or feather pillows. When he visits or travels he should take his own pillow.