



RESEARCH PAPER

Dust mite infestations in urban dwellings: Cleaning strategies and housing conditions to minimize respiratory allergens

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Abstract : Dust mites are a primary source of indoor allergens, particularly in urban settings where high population density and specific housing conditions can foster their proliferation. This review paper addresses “Dust Mite Infestations in Urban Dwellings: Cleaning Strategies and Housing Conditions to Minimize Respiratory Allergens,” focusing on effective cleaning practices, housing modifications, and maintenance routines to reduce allergen exposure. It explores the responsibilities and collaborative efforts involved in household cleaning, examining common methods for removing dust, cobwebs, and housedust mite colonies, along with techniques for laundering fabrics, drying clothes, and cleaning kitchen and storage items. The paper further evaluates approaches for maintaining pet hygiene, as livestock and pet dander can increase mite presence, necessitating thorough cleaning. Each aspect of the cleaning process including frequency, cleaning modes, and specific techniques for household areas prone to dust accumulation was analyzed to identify the most effective strategies for reducing mite density. The study also explores environmental factors such as ventilation, humidity control, and material choices in furniture and storage, which impact dust mite proliferation. Additionally, it discusses urban housing challenges like limited drying space, poor ventilation, and dense storage, which can increase mite habitats. By comparing traditional and modern cleaning methods alongside supportive housing modifications, the paper aims to inform best practices for households and building managers to mitigate dust mite infestations and, consequently, respiratory allergen exposure.

Key Words : Dust mites, Indoor allergens, Urban dwellings, Cleaning strategies, Housing conditions

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