



**NOZDOC.COM**  
**ALLERGY ♦ SINUS ♦ ASTHMA**

**Roger N. Danziger M.D.**  
**Board Certified**  
**Allergy / Asthma / Immunology**

## ENVIRONMENTAL CONTROL

### DUST MITE RECOMMENDATIONS

**WASH SHEETS AND PILLOW CASES IN HOT WATER. HOT WATER KILLS DUST MITES.**

**STUFFED ANIMALS SHOULD ALSO BE WASHED IN HOT WATER (IF POSSIBLE).**

**COVER PILLOWS WITH DUST MITE PROOF COVERS. YOU CAN GOOGLE "DUST MITE PROOF PILLOW COVERS". PILLOW COVERS ARE NOW MADE OF FABRIC THAT "BREATHES". ONCE THE ZIPPERED PILLOW COVER IS ON THERE IS NO NEED TO REMOVE OR WASH IT.**

**IF YOU HAVE A REGULAR / STANDARD MATTRESS YOU SHOULD ALSO COVER IT WITH A DUST MITE PROOF MATTRESS COVER (MADE OF FABRIC THAT "BREATHES"). WARNING: THIS IS A "CHORE" IN THAT THE MATTRESS NEEDS TO BE TOTALLY ENCASED IN THE DUST MITE PROOF ZIPPERED COVER. IF YOU HAVE A HEAVY MEMORY FOAM MATTRESS OR AN ADJUSTABLE FRAME MATTRESS IT IS NOT PRACTICAL TO COVER IT WITH A DUST MITE PROOF COVER.**

**IF YOU HAVE A STANDARD BOX SPRING PLEASE COVER IT WITH A VINYL ZIPPERED DUST MITE PROOF COVER. YOU WOULD BE SURPRISED WHAT COLLECTS ON THE BOXSPRING !!!**

**CEILING FANS CIRCULATE DUST AND DUST MITE PARTICLES. OF COURSE FANS IMPROVE OUR COMFORT AND LOWER OUR ELECTIC BILLS. DURING COOLER WEATHER TRY NOT TO USE CEILING FANS. ALSO CLEAN FAN BLADES EVERY 10 – 14 DAYS.**

**PLEASE GET PLEATED AIR CONDITIONING FILTERS. YOU CAN GOOGLE "PLEATED AIR CONDITIONING FILTER". BUY A CASE OF 6 – 12 FILTERS AND CHANGE THEM EVERY 1 – 2 MONTHS, EVEN IF THEY LOOK "CLEAN".**

**5404 Cortez Road West**  
**Bradenton, Florida 34210**  
**[office@nozdoc.com](mailto:office@nozdoc.com)**

**Phone: (941) 761-1911**  
**Fax: (941) 761-9223**  
**NOZDOC.COM**



**NOZDOC.COM**  
**ALLERGY ♦ SINUS ♦ ASTHMA**

**Roger N. Danziger M.D.**  
**Board Certified**  
**Allergy / Asthma / Immunology**

**DUST MITE RECOMMENDATIONS**

VACUUMING EVERY 7 – 10 DAYS IS REASONABLE TO PARTIALLY REMOVE DUST PARTICLES AND PET DANDER. A “ROBOT” VACUUM CAN BE QUITE HELPFUL FOR SCHEDULED REMOVAL OF DUST AND PET DANDER.

CARPETING IS A “MAGNET” FOR DUST AND PET DANDER. CHANGING TO TILE, WOOD OR LAMINATE FLOORING IS HELPFUL IN DECREASING DUST PARTICLES AND PET DANDER.

**PET DANDER RECOMMENDATIONS**

IF YOU ARE ALLERGIC TO CAT / DOG DANDER WASHING THE PET 1 – 2 TIMES PER WEEK HAS BEEN SHOWN TO DECREASE DANDER. KITTENS CAN BE “TAUGHT” THAT BATHING IS ACCEPTABLE. WASHING AN ADULT CAT IS NOT RECOMMENDED FOR OBVIOUS REASONS !!!

PLEATED AIR CONDITIONING FILTERS CAN FILTER OUT PET DANDER. CHECK FILTERS EVERY 3 WEEKS TO MAKE SURE THEY ARE NOT BLOCKED WITH FUR. IT TAKES 6 – 8 MONTHS FOR PET DANDER TO CLEAR FROM A HOME ONCE PETS ARE REMOVED.

**MOLD / POLLEN ALLERGY RECOMMENDATIONS**

IF YOU ARE ALLERGIC TO MOLD CHECK ALL CABINETS THAT HAVE PLUMBING FIXTURES. A SMALL LEAK CAN SLOWLY BECOME A BIG MOLD PROBLEM.

HAVE YOUR AIR CONDITIONING SYSTEM SERVICED 1 – 2 TIMES PER YEAR. THIS SERVICE WILL MAKE SURE MOLD IS NOT A PROBLEM IN YOUR A/C SYSTEM. HAVING AN ULTRAVIOLET LIGHT INSTALLED IN YOUR AIR HANDLER KILLS MOLD SPORES.

IF YOU ARE ALLERGIC TO POLLEN PATIENTS SHOULD KEEP AIR CONDITIONING RUNNING AND WINDOWS CLOSED. THIS WILL HELP BLOCK POLLEN FROM ENTERING THE HOME.

**ROACH ALLERGY RECOMMENDATIONS**

IF YOU ARE ALLERGIC TO ROACH PLEASE NOTE THAT WHEN ROACHES DIE THEY BREAK DOWN INTO PARTICLES THAT BECOME PART OF DUST. ROACH IS FOUND IN DUST IN EVERY HOME EVEN IF YOU NEVER SEE A ROACH. IF THERE IS A ROACH PROBLEM HAVING REGULAR PEST CONTROL IS HELPFUL IN LOWERING ROACH NUMBERS.

5404 Cortez Road West  
Bradenton, Florida 34210  
[office@nozdoc.com](mailto:office@nozdoc.com)

Phone: (941) 761-1911  
Fax: (941) 761-9223  
NOZDOC.COM