

# House Dust Allergy

## Overview

House dust is a major cause of allergy in persons with year-round complaints of runny or stuffy nose, sneezing and itch in the nose or throat. It can also trigger attacks of itchy, watery eyes and asthma in house dust-sensitive persons.



## Risk Factors

- Allergic rhinitis
- Asthma
- Family history of asthma or allergies, such as hay fever, hives or eczema

## Signs and Symptoms

Wheezing  
Runny Nose  
Skin Rashes

Coughing  
Itchy Nose  
Tight feeling in the chest

Breathlessness  
Itchy/ Watery Eyes



## Investigation, Test and Procedures

Allergy testing, e.g. Skin prick test. Can determine whether house dust mites trigger your respiratory or dermatological symptoms.



## Treatment

Allergen avoidance:

It can be difficult to avoid house dust mites altogether, but measures such as dust mite, resistant covers for bedding, and washing bedding in hot water (60°C) may help to reduce exposure.

## Medications & Side Effects

Immunotherapy

- It involves administering controlled amount of dust mite allergy extracted regularly over years to help build up tolerance.
- It is the only treatment that targets the underlying cause of house dust mite allergy, not just the symptoms of allergy disease.
- By allowing the immune system to become tolerant to these allergens, immunotherapy can reduce or stop your symptoms, even after you stop treatment.



Contributed by Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of April 2024 and subject to revision without prior notice.



Scan QR code to download e-brochure