

local news

▼ BATTLING DUST

How to keep sometimes hard-to-see house enemy at bay

A vacuuming a day keeps the dust at bay. Although this is true, vacuuming every day is unsustainable, unless you're like me and you vacuum in your sleep.

I know you're thinking that you really don't have much dust in your house—or at least hoping.

But, while dust materializes in the form of particles, it is not particular to its destination.

In other words, even the cleanest of clean freaks are susceptible to dust.

So what should you do to keep those pesky dust mites and their entourage away?

A reader wrote in asking that very question.

She wanted to know what dust consists of, why it is such a common allergen and most of all, how to most effectively get rid of it.

I despise dust, maybe even more than laundry, but in a creepy-crawly way.

If you think I'm being paranoid, let it be known that dust really does give you (and your furniture, carpet and mattress) the creepy crawlies.

In addition, did you know that an average of about 40 pounds of dust accumulates in your home every year?

It is second only to pollen as an allergen. It's shocking what accumulates in the form



Eco-friendly Lifestyle

of dust.

There are three classifications for dust.

The first is mineral dust, which is from rock blasting, drilling and building construction.

The second is the most widely known type and is called natural or organic dust.

This particular dust consists of hair, skin, mold, pollen, paper and fabric fibres, insect and plant parts and pet dander.

The third and most damaging type is chemical dust.

Chemical dust is comprised of pollutants, synthetic fibers, heavy metals, flame retardants; household chemicals found in paint, cosmetics, diapers, food packaging, cleaning products plastics and pesticides.

Although much of dust is unavoidable, curtailing the use of household chemicals such as conventional cleaning products and pesticides can be a healthy help around the home.

I know this is a lot of dust to handle, but what about the dust mites?

Dust mites are an appalling accomplice to dust.

They live with billions of their closest friends in your very own mattress, clothes, furniture and carpets.

In addition, many of you are asthmatic and are allergic to dust, but mostly to the waste and body parts associated with those dusty enemies.

So it's best to get rid of them, and their dust.

Here are some ways to keep your house virtually dust-free.

Use a vacuum with a HEPA filter. These filters are superior dust eaters.

They trap the smallest of dust particles, unlike most vacuums that end up blowing the dust right back at you.

Steam clean your carpets at least once a year to get a better, deep-down clean.

Vacuum your mattress frequently and wash your pillows—they appeal to the creepy-crawlies.

Use static charged dusters, dust often and wash your dusters as well.

Vacuum frequently. Dust mites love humidity, so monitor your home for that.

Change your furnace filter as directed. Remove shoes when entering the house.

Use door mats and wash them often.

Minimize clutter or place in glass cabinet as dust can settle in hard-to-reach and intricate areas.

These are just some of the many effective ways to minimize your dusty enemies.

Happy dusting and remember, just because you can't see it, doesn't mean it isn't there.

Take the necessary precautions to keep dust, the creepy-crawlies and allergens at bay.

You too can have your household questions answered—or, if you have some great healthy household hints that you'd like to share, e-mail me at service@immaculateinteriors.ca, I would love to hear from you.

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