HYPOALLERGENIC LIVING · FREE GUIDE

The Low-Allergen Home

How to reduce allergens in your home, room by room, with a printable checklist

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How to reduce allergens in home: start in the bedroom, keep humidity at or below 50%, wash bedding hot every week, damp-dust and vacuum with a HEPA filter, fix moisture before it turns into mold, and keep pets out of the bedroom. Single steps rarely help on their own; together they cut exposure. Below is each room in turn, plus a free printable checklist.

How to remove allergens from home: start with the source

Most homes have more than one allergen. In a national survey of 831 US homes, over half had at least six detectable indoor allergens, and pets, cockroaches, mice and damp or mold problems predicted the highest levels.

That's why single fixes disappoint. A Cochrane review of 54 trials found that dust mite control measures, including mattress covers, didn't improve asthma. US allergy organizations recommend a combination of measures aimed at what you're actually allergic to. If you don't know yet, our allergy trigger finder explains the tests that tell you.

Order of work: remove or reduce the source, control humidity, clean in a way that doesn't throw dust back into the air, and only then consider an air cleaner.

Allergy proof bedroom

You spend hours in bed every night, with your face on the pillow. If you can only do one room, do this one.

- **Encase the mattress and pillows** in covers that block dust mite allergen. On their own they don't do much; with the other steps they help. Our dust mite mattress cover guide explains pore size.
- **Wash sheets, pillowcases and blankets every week in hot water**, 130 to 140 °F, as the NIEHS recommends. In a lab study, water at 55 °C (131 °F) or hotter killed all mites; a cold wash removed allergen but not live mites. See how often you should wash your sheets.
- **Keep pets out of the bedroom** and off the bed.
- **Cut down what collects dust**: piles of clothes, open shelves of books, stuffed toys and heavy drapes. Washable curtains and a smooth floor are easier to keep clean.

How to get rid of dust mites in house

Dust mites need humid air. Keeping indoor humidity at or below 50% has good evidence in real homes: in homes held below 51% for 17 months, mostly with a dehumidifier and air conditioning, live mites fell from about 401 to 8 per gram of dust. A cheap hygrometer tells you where you stand; our humidifier vs dehumidifier guide covers which one you need.

Upholstered furniture, carpets and rugs hold mites too. Washable throws on the sofa and rugs you can wash hot are easier than wall-to-wall carpet. For the bed itself, see how to get rid of dust mites in bed.

How to prevent dust in house

House dust is partly shed skin and fibers and partly soil tracked in on shoes and particles from outdoor air. A few habits limit what comes in and what gets stirred up:

- **Shoes off at the door** and a washable mat outside and inside.
- **Damp-dust and damp-mop.** A dry duster or broom puts particles back in the air.
- **Vacuum with a HEPA filter or a double-layer bag**, and wear a mask if you're the allergic one. Emptying the bag or dust container raises mite and cat allergen exposure more than the vacuuming does, so empty it outdoors, or let someone else do it. Our best vacuum for allergies guide compares the options.
- **Change HVAC filters** on schedule.

For symptoms and treatment, read the dust allergy guide.

How to get rid of allergens in house: kitchen and bathroom

These rooms are about moisture, pests and products.

- **Fix leaks and dry wet materials within 24 to 48 hours**, run the exhaust fan while cooking and showering, and keep humidity below 60%, ideally 30 to 50%, as the EPA advises. Large or recurring mold needs the source fixed first; see how to get rid of black mold and mold allergy.
- **Keep food sealed and crumbs and garbage off counters** to avoid feeding cockroaches and mice, two of the allergens in the national survey. Our cockroach allergy guide has the details.
- **Choose fragrance-free cleaners and wear gloves** that don't contain the rubber chemicals you react to. Never mix bleach with ammonia: the gases can cause severe lung injury. See hypoallergenic cleaning products.

Allergy proof home with pets

Pet allergen sticks to furniture, walls and clothes and spreads through the home. Washing a dog cut the allergen on its coat by about 84%, but it came back within days, so the study found it took washing at least twice a week to keep levels down. Keep pets out of the bedroom, wash their bedding and your throws often, and run a HEPA air cleaner in the rooms they use. The EPA's guide to air cleaners says filtration doesn't replace removing the source and ventilating, and that studies of air cleaners for allergy symptoms don't always show major improvements, so cleaning still matters. More in how to reduce pet allergies.

Allergen checklist: room by room

Print this page and tick each item off.

Bedroom

- ☐ Mattress and pillow encasings on
- ☐ Bedding washed hot (130 to 140 °F) this week
- ☐ Pets kept out of the room
- ☐ Clutter, stuffed toys and heavy drapes cut down

Whole home

- ☐ Humidity at or below 50% (hygrometer checked)
- ☐ Shoes off at the door; mats washed
- ☐ Damp-dusting and damp-mopping done weekly
- ☐ Vacuum with HEPA filter or double bag; bag or container emptied outdoors
- ☐ HVAC filter changed on schedule

Kitchen and bathroom

- ☐ No leaks; wet spots dried within 24 to 48 hours
- ☐ Exhaust fans used while cooking and showering
- ☐ Food sealed; crumbs and garbage cleared
- ☐ Fragrance-free cleaners; bleach never mixed with ammonia

Pets

- ☐ Pet bedding and throws washed weekly
- ☐ HEPA air cleaner in the rooms pets use

Sources & further reading

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- U.S. Environmental Protection Agency — Guide to air cleaners in the home: reducing or removing pollutant sources and ventilating are the most effective steps; filtration doesn't replace them, and studies of air cleaners for allergy symptoms don't always show major improvements.
- Chest — Reisz and Gammon, 1986: three cases of life-threatening lung injury from mixing household ammonia and bleach, which forms chloramine gases. DOI: 10.1378/chest.89.1.49.

Educational information, not medical advice. If you have asthma or severe allergies, ask your doctor which measures matter most for you. © 2026 Hypoallergenic Living · hypoallergenicliving.com · info@hypoallergenicliving.com