What Everyone Should Know About House Dust Mites

Many people with year-round allergies are sensitized to allergens found in the home, especially house dust mites. Allergic reactions to dust mites can cause nasal and lung symptoms, including rhinitis (a blocked or runny nose), wheezing and asthma. Dust mites are one of the most important causes of allergy and asthma worldwide. Allergies run in families—if you or your partner are allergic or have asthma, one or more of your children may also develop allergies.

Dust mites are tiny creatures (about 1/3mm in length), related to ticks and spiders and invisible to the naked eye. They feed off skin scales shed by humans and thrive in warm, humid conditions. Mites live in bedding, carpets and upholstered furniture. Dust mites are only a problem for people who are allergic to them—they do not bite or transmit diseases. You can test dust samples from beds or carpets to check for mite allergens using the Ventia™ rapid allergen test.

Reducing allergen exposure is recommended by national allergy and asthma guidelines. Knowing the allergen level in your home and taking steps to reduce exposure helps to control asthma symptoms and improve your quality of life.
**Instructions for Use**

Please check to see that you have all parts of the testing kit before beginning.

**Parts of the test kit:**
1. Filter tube
2. DUSTREAM™ collector
3. Top cap
4. Bottom cap
5. Dropper
6. Test solution
7. Test cassette in foil wrapper
8. Vacuum cleaner nozzle adaptor

**Performing the Test**

1. Insert the plastic filter into the DUSTREAM™ collector and firmly attach the collector to the vacuum cleaner tube. If the collector does not fit the vacuum cleaner tube, use the adaptor piece to attach the collector.*
2. Choose the area to be tested. Turn on the vacuum cleaner and vacuum four separate areas of 8” x 12” (or approximately the area of a letter-sized page) for 30 seconds each (total sampling time = 2 minutes).
3. Transfer 5 drops into the small round sample well on the test cassette. Discard dropper.
4. Wait 10 minutes for the test line to develop. If mite allergens are present, a red or pink line will appear at the “T” mark. Compare the intensity of the line with the three colored indicator lines already printed on the test at the “C” mark.
5. Remove the dust collector from the vacuum cleaner, leaving the filter in place. Insert the bottom cap firmly into the base of the dust collector.
6. Push the top cap firmly into the top of the dust collector and gently shake the collected dust and the solution for 1 minute.
7. Remove the top cap from the collector. Using a dropper, suck up dust solution from near the top of the collector.
8. Twist open the top of one vial of testing solution and carefully pour the liquid into the dust collector.
9. Leave to stand for 4 minutes. Remove the rapid test cassette from the foil wrapper and place on a flat surface.

**What Do the Results Mean?**

Compare the color intensity of the test line (T) with the indicator lines (C) shown on the test cassette.

- **No test line is visible. Dust mite level is below the detectable limit.** No action is needed.
- **The test line is pink, closest in intensity to the LOW line on the color chart.** No action is needed.
- **The test line is a pink/red, closest in intensity to the MEDIUM line on the color chart.** Take action to reduce mite allergen levels.
- **The test line is dark red and is closest in intensity to the HIGH line on the color chart.** Take action to reduce mite allergen levels.

**Concerned About Allergens and Asthma and Want to Go Further?**

INDOOR Biotechnologies is the world leader in environmental allergen detection systems. If you would like to use our laboratories for a complete allergen analysis of your home using our exclusive state-of-the-art MARIA™ testing, please visit our site or call 434-984-2304.

**What Action Should I Take?**

If your test has revealed the presence of dust mite allergen, you can check another site in your home using the second test. To perform a second test, rinse the collector and caps with water, dry with a paper towel, and place a clean filter inside and repeat the test.

There are many steps you can take to reduce your allergen levels, focusing on beds, carpets, and other soft materials where dust mites live. Specific actions to reduce or eliminate the presence of dust mites and mite allergen can be found in the “Consumer” section of www.inbio.com. Consult your allergist or physician for further advice.

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