

Dust Allergy in Children

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A common and recurrent problem

Dust allergy is a common problem in children, especially in urban environments where pollution and indoor allergens are high. If your child frequently sneezes, has a runny or blocked nose, itchy eyes or persistent coughing it is probably more than just a seasonal cold. Dust allergy is often triggered by dust mites and needs to be effectively managed.

In this case prevention is always better than cure. Since dust mites thrive in warm, humid environments, keep your home clean and well-ventilated. Regular dusting using a damp cloth (instead of dry dusting, which spreads allergens) can make a big difference. Vacuum cleaners with HEPA filters are especially helpful in removing fine dust particles from carpets, curtains and upholstery.

It is worth it to devote special attention to your child's bedroom. Wash bed linens, pillow covers and soft toys in hot water at least once a week. Consider using allergen-proof mattress and pillow covers. If possible, minimise stuffed toys and heavy curtains, as they tend to collect dust. Small changes like these can significantly reduce allergen exposure.

However, even if your child has already been diagnosed with a dust allergy, there is no need to worry. With proper care, symptoms can be controlled effectively. Doctors may recommend antihistamines or nasal sprays to relieve symptoms. In some cases, allergy testing and immunotherapy (allergy shots) may be suggested for long-term relief.



It is also vital to recognise triggers. For instance, symptoms may worsen during house cleaning, changing bedding or visiting dusty places. Keeping windows closed during high-pollution days and making your child wear a mask in dusty environments can help.

Building your child's immunity helps as well. A balanced diet rich in fruits, vegetables and adequate hydration can strengthen overall resistance. Encourage outdoor play but try to avoid overly dusty areas.

Most importantly, stay observant and proactive. Dust allergy is manageable, and with consistent preventive measures and timely medical care, your child can lead a healthy, active life without frequent discomfort.