

## INDOOR ALLERGEN MITIGATION

In some individuals, asthma can have an allergic component. Allergen mitigation strategies (e.g., air purifiers, impermeable pillow and mattress covers, HEPA filters) aim to decrease an individual's exposure to allergens.

### KEY POINTS

- Overall, the studies reviewed provided little evidence that allergen mitigation strategies are beneficial for improving asthma outcomes.
- For individuals with asthma with an allergy to a specific indoor substance (e.g., dust mites), using multiple strategies to reduce the allergen is recommended, since using only one strategy often does not improve asthma outcomes.
- Integrated pest management in the home is recommended for individuals with asthma who are allergic and exposed to cockroaches or rodents (e.g., mice).
- For individuals with asthma who do not have allergies to indoor substances, environmental interventions in the home are not recommended.

### IMPLEMENTATION GUIDANCE AND CONSIDERATIONS FOR SHARED DECISION-MAKING

- Consider allergen testing, when appropriate (based on clinical history and exposures) and feasible, before committing individuals to specific allergen mitigation strategies that may be burdensome.
- Consider the severity of an individual's asthma, the small benefit, and the extent of previous symptoms and exacerbations when recommending allergen mitigation interventions.
- Allergen mitigation interventions may be expensive or difficult for individuals to use or maintain.

### RECOMMENDATIONS

- In individuals with asthma who have symptoms related to exposure to identified indoor allergens, confirmed by history taking or allergy testing, the Expert Panel conditionally recommends a multi-component allergen-specific mitigation intervention.
- In individuals with asthma who have sensitization or symptoms related to exposure to dust mites, the Expert Panel conditionally recommends impermeable pillow/mattress covers only as part of a multicomponent allergen mitigation intervention, not as a single-component intervention.
- In individuals with asthma who have sensitization or symptoms related to exposure to pests (cockroaches and rodents), the Expert Panel conditionally recommends the use of integrated pest management alone, or as part of a multicomponent allergen-specific mitigation intervention.
- In individuals with asthma who do not have sensitization to specific indoor allergens or who do not have symptoms related to exposure to specific indoor allergens, the Expert Panel conditionally recommends *against* allergen mitigation interventions as part of routine asthma management.