COMPANION TOOLKIT

Bedroom Airflow & HEPA Audit Blueprint



A cleaner bedroom. Easier breathing. A calmer you.

Australia-wide • every state and territory

What's inside

- Bedroom air audit
- Airflow improvements
- HEPA purifier guide
- Cleaning checklists
- Simple habits for all year

Why this toolkit helps

Your bedroom should be a lower-allergen space. This toolkit helps you reduce common indoor triggers like dust mites, mould spores and airborne pollen, with practical steps you can take at home.

Companion to
Hay Fever SOS: The Australian Guide

From
The Hay Fever SOS Care Team

Use this toolkit on its own, or alongside the Regional Pollen Calendar & Planning Toolkit to cover both indoor and outdoor triggers.

General information only — not medical advice. Always check with your GP, pharmacist or allergist.

FREE COMPANION WORKSHEET

Bedroom Airflow & HEPA Audit Blueprint

A 45-minute walk-through for any Australian bedroom, to find what actually deserves your attention before you buy another 'allergy friendly' gadget.

Works anywhere in Australia · tropical north to temperate south



Why audit first?

Packaging that says 'allergy friendly' isn't a measurement. Most bedroom triggers come from six places: bedding, dust mites, humidity, air filtration, airflow and cleaning habits. Check these in order, fix the cheapest high-impact things first, and only then decide if a purchase is justified.

The 4-step method

1 Look — walk the room with this checklist

2 Measure — note humidity and airflow readings

3 Score — tick what applies on page 6

4 Prioritise — fix the top three first

Bedding p.2 · Dust mites p.2 · Humidity p.3 · Air filtration p.4 · Airflow p.5 · Cleaning p.5

What you'll need

- A pen
- A basic humidity meter (hygrometer)
- A torch
- 45 minutes
- Your current bedding and purifier details
- Your state's pollen forecast (see page 5)

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1 • Bedding & Dust Mite Audit

Dust mites feed on shed skin flakes and thrive in warm, humid places. Your bed is their favourite.

Bed layer checklist

- ☐ Sheets and pillowcases — Last cleaned: _____
- ☐ Doona / duvet cover — Last cleaned: _____
- ☐ Pillows (and pillow protectors) — Last cleaned: _____
- ☐ Mattress (and mattress protector / encasement) — Last cleaned: _____
- ☐ Blankets and throws — Last cleaned: _____
- ☐ Bed base / under-bed storage — Last cleaned: _____
- ☐ Soft toys or cushions on the bed — Last cleaned: _____

Wash rules that matter

Wash bed linen weekly in hot water (above 60°C) to kill dust mites.

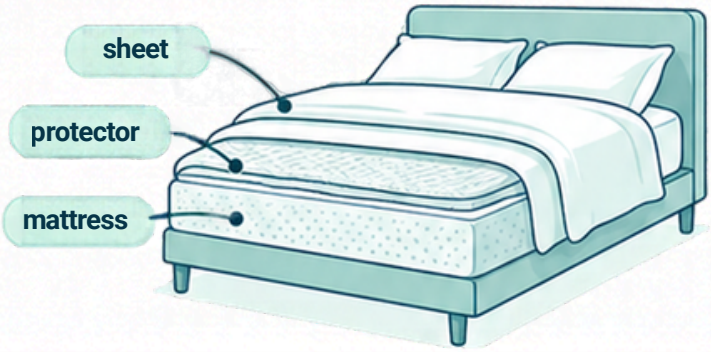
No hot wash option? Use a laundry product formulated to kill mites in cold water (eucalyptus or tea tree based).

During pollen season, dry clothes and linen indoors or in a tumble dryer. Damp washing on an outdoor line collects pollen.

Quick bedding audit

Item	What to check	Your current habit	Fix needed?
Sheets & pillowcases	Washed weekly at 60°C or above	_____	☐ Yes ☐ No
Pillow protectors	Washed with your lined, no tears	_____	☐ Yes ☐ No
Doona cover	Washed regularly (follow the care label)	_____	☐ Yes ☐ No
Mattress protector	Intact, washed per the care label	_____	☐ Yes ☐ No
Under-bed area	Dust-free, minimal storage	_____	☐ Yes ☐ No

Audit tip: if you can't remember when an item was last cleaned, tick 'Fix needed'.



Educational purposes only. If you have an existing condition or are unsure, check with a health professional before trying.

2 • Humidity & Mould Audit

Dust mites and mould both love damp air. Humid coastal and tropical areas need the closest watch, but a damp bedroom can happen anywhere. Measuring beats guessing.

Indoor humidity (% RH)

Relative humidity (RH) shows how much moisture is in the air.



Aim to keep humidity below about 50%.

Higher humidity creates the perfect environment for dust mites and mould to grow.

Humidity log

Date	Time	% RH	Window open? (Y/N)

Measure at bed height, away from windows and vents.

Mould and damp hotspot checklist

- ☐ Window frames and sills (condensation?)
- ☐ Wardrobe back wall and corners
- ☐ Behind or under the bed
- ☐ Ceiling corners
- ☐ Near air-conditioner vents
- ☐ Bathroom or ensuite doorway
- ☐ Musty smell on waking

Which humidity problem is yours?

Humid or tropical climate

(e.g. coastal QLD, NT, northern NSW)

Humidity can stay high for months. Mould and dust mites are the priority. Use dehumidify mode, keep wardrobes ventilated, check air-conditioner vents.

Cooler or drier climate

(e.g. VIC, TAS, SA, inland areas)

Damp usually comes from winter condensation, clothes drying indoors and closed-up rooms. Ventilate after showers and wipe window sills.

Also useful anywhere: use the dry function on your air conditioner if it has one, ventilate after showers, and don't dry laundry in the bedroom.

Mould tends to build in damp indoor spaces and is often worse in summer and autumn.

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3 • Air Filtration & HEPA Audit

Before you buy (or keep) a purifier, check what it actually does.

HEPA spec check

- ☐ True HEPA, grade H13 or H14 (captures 99.95% of fine particles down to 0.3 µm, including pollen, mould spores and pet dander)
- ☐ Sealed filter housing (air can't bypass the filter)
- ☐ Clean Air Delivery Rate (CADR) suits my bedroom size (check the manufacturer's room-size rating)
- ☐ Noise level OK for sleeping
- ☐ Filter replacement date written down: _____

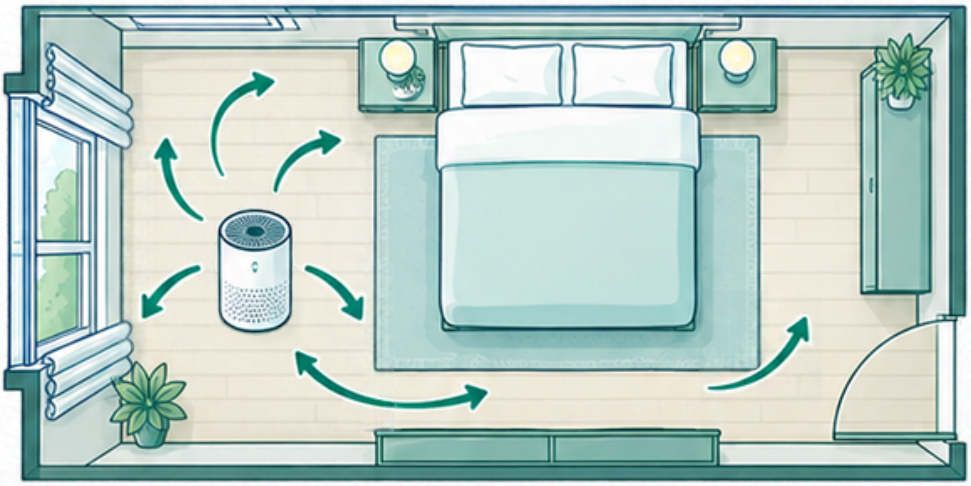
Red flag

Check before you buy or keep it

- ✕ "Ozone generator" in the description
- ✕ "Ioniser" or "ionising" function that can't be switched off
- ✕ Only says "allergy friendly" with no filter grade stated

Ozone irritates the airways and can make inflammation worse.

Where to place it



Leave clear space around it. Don't tuck it behind furniture or curtains, and follow the manufacturer's guidance.

Packaging decoder

What the box says	What to look for instead
"Allergy friendly"	A stated filter grade (H13/H14)
"Cleans the air"	A published CADR and room size
"Advanced technology"	No ozone output

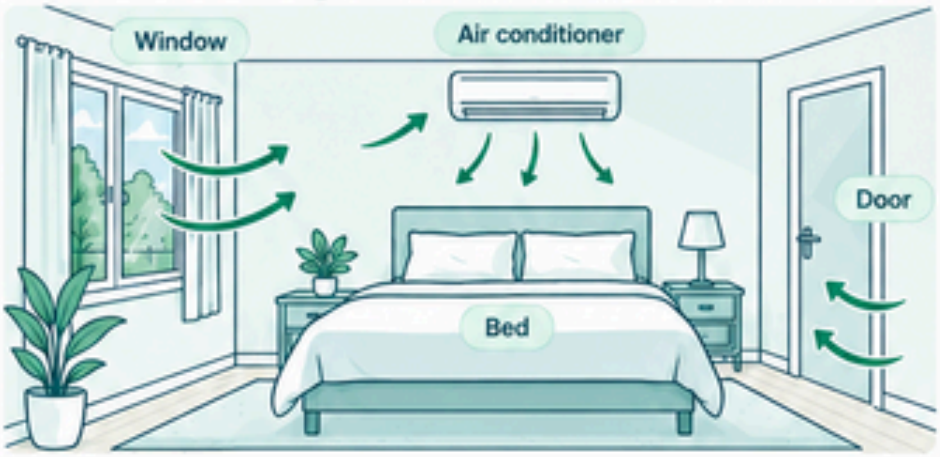
In Australia, the National Asthma Council's Sensitive Choice program (the blue butterfly) can also help you spot products it has reviewed.

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4 • Airflow & Cleaning Audit

Control how air and pollen get into the bedroom, then keep surfaces under control. What counts as 'high pollen' depends on where you live, so check local conditions first.

Airflow map



- ☐ Windows closed during peak pollen hours (usually 6 am to midday on warm, windy days)
- ☐ Air conditioner set to recirculate on high-pollen days
- ☐ Air-conditioner filter cleaned (date: _____)
- ☐ Door seals / gaps noted
- ☐ Fan not blowing dust across the bed

CHECK YOUR STATE

Your local pollen picture

WA
Cypress pine from July. Ryegrass Sept to Nov. Couch grass Dec to Mar.

SA
Long season, Aug to Mar. Cypress pine and olive Sept to Nov, then ryegrass.

VIC
Ryegrass dominates, peaking late Oct to Dec.

TAS
Ryegrass dominates, Sept to Dec.

NSW / ACT
Sept to Dec, often longer into summer (couch grass, weeds). Cypress pine inland from July.

QLD
Subtropical grasses roughly Nov to May. Mould spores in humid weather.

NT
The dry season (roughly May to July) can be the worst for pollen and dust.

Not sure?
Use the tools below.

Dates are general guides and vary by year and suburb. Check AusPollen, AirRater or the Bureau of Meteorology app for your area.

Wind direction changes pollen exposure through the day. Sea breezes, inland winds and city air can carry pollen in different directions, so watch your local forecast rather than assuming a fixed pattern. On high-pollen days with spring thunderstorms forecast, stay indoors with windows and doors closed and the air conditioner on recirculate.

Weekly cleaning plan

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Damp-dust surfaces (wipe with a damp cloth, don't flick)							
Vacuum (HEPA-filter vacuum if possible)							
Wash bed linen							
Wipe window sills and frames							
Clear floor and under-bed clutter							

After outdoors: Shower and wash your hair before bed, keep outdoor clothes out of the bedroom, rinse your eyes with sterile water if irritated.

Skip heavily fragranced sprays; they can add to irritation.

Educational purposes only. If you have an existing condition or are unsure, check with a health professional before trying.

Your Audit Scorecard & Top 3 Fixes

Score yourself

Area	Items ticked 'Fix needed'	Effort: Low / Med / High	Priority 1–6
Bedding	☐	Low / Med / High	☐
Dust mites	☐	Low / Med / High	☐
Humidity	☐	Low / Med / High	☐
Air filtration	☐	Low / Med / High	☐
Airflow	☐	Low / Med / High	☐
Cleaning	☐	Low / Med / High	☐

Spend effort here first



Most bedroom fixes — hot-washing linen, humidity control, closing windows at the right time, damp dusting — cost little or nothing. A purchase only makes sense once these are covered.

My top 3 fixes

1. _____ Start date: _____
2. _____ Start date: _____
3. _____ Start date: _____

When to buy something

- ☐ I've fixed the free basics
- ☐ I've checked filter grade and ozone output
- ☐ I know my room size

Know the signs of a severe allergic reaction: difficulty breathing or noisy breathing, swollen tongue or tight throat, difficulty speaking or hoarse voice, dizziness or fainting. The full Anaphylaxis Emergency Protocol is always free in the Hay Fever SOS guide.

In a medical emergency, call 000 immediately. This is general information, not a substitute for professional medical care.

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