

# 地毯真的會孳生蟎蟲而容易引起過敏嗎？

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地毯長久以來在台灣被認為難以清潔、容易滋生塵蟎，甚至散發霉味，特別是在辦公室、住家等場所。但這是我們的主觀認知還是理性科學的事實呢？今天我在這裡要跟大家分享三個國家報告，分別是美國、瑞典和日本的真實案例！

美國室內設計協會的一項研究指出，地毯的纖維絨毛，有很好的集塵能力，可以有效降低室內 PM2.5 及過敏原，因為它們會在空氣中不斷漂浮。其實我們只要定期用吸塵器清潔地毯，地毯就像是我們不插電的空氣清淨機。2001 年根據美國 RTI International 研究顯示，學校鋪設地毯的教室，比使用光滑地板教室，空氣中的 PM2.5，明顯降低了 74%，生物過敏原降低了 128%，大家看看，這是不是顛覆了我們一般的認知？

第二個案例在 1974 年的瑞典，公部門曾因一般民眾對地毯的錯誤觀念，擔心地毯結構性的髒污，會引發兒童過敏，因此發佈禁令，在所有的公共場所，禁止使用地毯，在十七年的禁令期間，地毯使用率從 40%降低到了 1990 年的 2%。在這邊想請大家先猜一下，經過多年全國大範圍的實施結果，瑞典兒童過敏的比例，是不是有降下來了呢？事實上恰恰相反，過敏人數不僅沒有下降，反而增加了 255%，這個驚人的結果，瑞典立即撤銷了在公共場所，不准鋪設地毯的禁令。北歐這個福利型國家的官方醫療數據，清楚顯示了，地毯不僅不會引起過敏，反而能保護兒童在室內空氣品質的健康。

最後一個案例是我們熟悉的日本，2012 年日本信州大學，與大阪產業技術研究院共同研究顯示，在居家行走時離地 140 公分處，地毯上飛起的灰塵量，僅為光滑地板的十分之一，這是因為地毯有獨特的絨毛集塵袋效應，報告指出，只要定期吸塵清潔地毯，就能有效減少灰塵和病菌，並降低過敏所引發的氣喘風險。那研究中也採用熱感應儀和遠紅外線來觀測，比較兩種不同材質所產生的揚塵畫面。

了解以上三個歐美日社會實驗和研究報告，很清楚的告訴我們，地毯不僅不會引發過敏，反而會持久淨化空氣中的灰塵，來降低過敏打噴嚏，進而守護我們的健康。難怪世界上許多知名企業的辦公室、五星級飯店和高級住宅大樓的地板大都採用地毯。

資料來源：

1. 美國地毯研究所 (CRI)：<https://carpet-rug.org/resources/research-and-resources/>
2. 瑞典公部門研究報告相關資料：<https://www.carpetyourlife.com/en/about-carpet/misconceptions/allergic-to-carpet/allergy-claims-unproved>
3. 日本信州大學與大阪產業技術綜合研究所的共同研究影片：<http://youtube.com/watch?v=PgOSysGG8Q4>



# Does Carpet Really Cause Dust Mites and Allergies?

Semiflor AI News | AI Transcript

For a long time in Taiwan, carpets have been seen as hard to clean, easy to attract dust mites, and even prone to developing a musty smell, especially in offices and homes. But is this just our perception, or is it actually backed by scientific facts?

Today, I'm here to share three real-world reports from the United States, Sweden, and Japan!

First, a study by the American Society of Interior Designers found that carpet fibers are excellent at trapping dust, which can significantly reduce indoor PM2.5 levels and allergens that would otherwise keep floating in the air.

In fact, if we vacuum regularly, carpets can act like natural, electricity-free air purifiers.

According to a 2001 study by RTI International in the US, classrooms with carpeted floors had 74% less airborne PM2.5 and 128% fewer biological allergens compared to classrooms with smooth floors. Pretty surprising, right? It turns a lot of our assumptions about carpets upside down!

The second report comes from Sweden in 1974.

Back then, due to public concerns that dirty carpets might trigger allergies in children, the government banned the use of carpets in all public spaces. During the 17 years the ban was in place, carpet usage dropped from 40% to just 2% by 1990.

Now, take a guess, after years of enforcing this nationwide ban, did the allergy rates among Swedish children drop?

Actually, the exact opposite happened, allergy cases skyrocketed by 255%!

As a result, Sweden quickly lifted the ban on carpets in public spaces. This official healthcare data from one of the world's most advanced welfare countries shows clearly that carpets don't cause allergies, they actually help protect children's health by improving indoor air quality.

The final report comes from Japan.

In 2012, researchers from Shinshu University and the Osaka Industrial Research Institute found that when walking indoors, the amount of dust stirred up 140 cm above carpeted floors was just one-tenth of that on smooth floors!

This is thanks to the "dust-trapping pocket effect" of carpet fibers. Their report also pointed out that with regular vacuuming, carpets can effectively reduce airborne dust and bacteria, and help lower the risk of asthma triggered by allergies.

They even used heat sensors and infrared imaging to compare the dust dispersion between different floor materials.

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After learning about these three reports from the US, Sweden, and Japan, it's clear that carpets don't cause allergies, on the contrary, they help purify indoor air over time, reduce sneezing and allergic reactions, and protect our health.

No wonder many world-famous companies, five-star hotels, and luxury residential buildings choose carpet flooring!

Carpets actually have many other benefits too, which I'll be happy to share with you in another video.

I hope you can share this video with your family and friends to help spread the right knowledge and support healthier living for everyone.

## Reference:

1. The Carpet & Rug Institute, CRI : <https://carpet-rug.org/resources/research-and-resources/>
2. The Swedish Public Sector Research Report : <https://www.carpetyourlife.com/en/about-carpet/misconceptions/allergic-to-carpet/allergy-claims-unproved>
3. A joint research video between Shinshu University and the Osaka National Institute of Advanced Industrial Science and Technology : <http://youtube.com/watch?v=PgOSysGG8Q4>

