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Pet Allergies and Avoidance Measures

Pets, especially cats and dogs, are an important source for allergens causing allergy symptoms including itchy eyes and nose, runny nose, eczema and asthma. Unfortunately, there is no such thing as “hypo-allergenic” cat or dog and short haired breeds are no less of a problem than breeds with long hair. Once an allergy to a pet is identified, the most beneficial thing would be to remove the pet from the home, if possible.

Avoidance Measures:

- Remove the animal from the home
- If step 1 is not possible, keep the pet out of the allergic person’s bedroom at all times.
- Close the air ducts in the bedroom and use an electric heater, if needed.
- Wash the pet weekly.
- Minimize visits to friends and relatives with feathered or furry pets.
- Choose a pet without feathers or fur (fish, reptiles, amphibians).
- Use a HEPA air cleaner, although the benefits may be limited due to the large reservoir of dander in furniture and carpet.

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