

PET ALLERGY INFORMATION

There is strong evidence that allergen exposure can be an important factor in the development of asthma. Children with a strong family history of allergies are especially susceptible to developing asthma and other allergic diseases, even with low levels of allergen exposure.

It is best to remove an animal from the home if it is a known allergen causing symptoms. It can take four to six months for the dander allergens to clear out from a home after the animal is removed. There is NO such thing as an allergen-free cat or dog. Some dogs are labeled as “hypoallergenic,” which means they may produce less dander than others, but none are completely allergen-free. While pet dander is more concentrated in the immediate surroundings of the pet, the dander is airborne and spreads throughout the home.

Tips to Reduce Exposure:

- Keep pets out of the home.
- If you choose to keep pets, do not have them in the bed or bedroom with you.
- Try to keep pets in rooms with hard surfaces that can be cleaned and washed easily.
- Wash rugs on which pets lay every two weeks.
- Damp mopping of hard surfaces and using a vacuum with a HEPA air filter can reduce allergen buildup.
- Air cleaners can help reduce allergen buildup.
- Minimize close contact, hugging and kissing your pets. Wash your hands often.