Animal allergens are distributed by saliva and dander of animals.
- Dander consists of tiny particles of skin shed from animals with fur or feathers. Therefore, animals that shed are more problematic.
- Allergen particles become easily airborne and inhaled.

**TO REDUCE EXPOSURE:**

- The most effective way to reduce the allergic response is to remove the pet from the home. (Be aware that cat dander can remain in the home for up to 7 months afterwards.)
- Do not allow pets to go in the bedroom or sleep in the bed.
- Brush pets regularly (ideally outside) to reduce the amount of loose fur.
- Wash your pet in warm water monthly.
- If allergic to feather, avoid feather/down products (pillows, coats, comforters, etc.)
- Remove items that can trap and hold allergens (carpet, rugs, pillows, upholstered furniture).
- Wash your hands after handling pets and prior to touching your face.
- Use a HEPA air cleaner to filter allergens from the air (if you do not have wall-to-wall carpeting).
- If you do not own pets, take allergy medication prior to any known animal exposure, and change your clothing after exposure.