



UR
MEDICINE

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ANIMALS

- 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