

CAT AND DOG ALLERGEN

Helpful tips for cat and dog allergen avoidance

- **Minimize contact with your pet** – You may have heard that it is not ideal to have a pet in your home. If your pet is already considered part of your family, then minimize contact and keep out of the bedroom and other rooms where you spend a great deal of time. Also limit petting, hugging or kissing your pet. Change clothing before coming into the home after visiting with a pet owner.
- **Bath your cat regularly** – Give your pet a bath regularly to reduce allergens. At least once a week is recommended, if the skin allows.
- **HEPA air purifier** – Running a HEPA air purifier can help reduce the pet allergen levels in the home.
- **Install a HEPA furnace filter** – Install a HEPA filter into your furnace and change it frequently.
- **Clean upholstered furniture** – Use and wash removable sofa covers or have couches steam cleaned. If those are not options, vacuuming the furniture can also help.
- **Use a HEPA vacuum/steam clean carpets** – Using a vacuum with a HEPA filter and steam cleaning the carpets can help reduce allergens in the home.
- **Wash bedding weekly** – Washing bedding weekly in soapy, hot water each week can be a big help with allergen reduction in the bedroom. In addition to bedding, it's important to remember to wash curtains, rugs, and pillows.
- **Bathe daily** – Daily showers before bed can help keep pet and other allergens out of the bedroom.
- **Remove shoes** – Ask family and visitors to remove shoes before coming into your home.
- **Consider the neighborhood** – If the patient doesn't have pets but their neighbors do, keeping the windows shut can help reduce the amount of pet allergen making its way into the home.
- **Your pet still produces allergens** – Contrary to popular opinion, there is no such thing as a non-allergenic pet. And some people who live with an animal become accustomed to a chronic low level of symptoms and only react more severely when coming home from an extended vacation.

Does your patient have cat or dog allergen in their home?

Exhale is the first and only Do-It-Yourself test that measures your home for mold, dust mite, pollen, mouse, roach, cat and dog allergens. Designed and trusted by leading allergists. Proven to directly measure allergens and molds impacting the health of allergic individuals. It's the missing puzzle piece to your allergy and asthma prevention and treatment plans

Learn more at [Inspirotec.com](https://www.inspirotec.com)