



Friends  
for  
Animals  
of Metro Detroit

## HOW TO COPE WITH ALLERGIES TO PETS

### Limit pet's access around the house

- Limits the areas dander will spread to.
- No pets in the bedroom until symptoms subside.
- Limit access to furniture or cover with sheets that can easily be washed.
- During high allergy seasons, keep pet in an area of the home that does not have carpet, until symptoms subside

### Herbal Supplements and Natural Remedies

- Be sure to take a quality vitamin, particularly vitamin C.
- Ask your doctor what herbal supplements are safe for you to take.
- There are holistic drops that help boost immunity to dander allergies.
- Steam up your bathroom with hot water and stand in for 5-10 minutes to relieve congestion.
- Use a vaporizer to alleviate congestions
- Saline nasal spray may be recommended by your doctor.
- Over the counter eye drops are helpful for itchy eyes.
- Ask your doctor if Neem cream would benefit your skin if you get hives.

### Air Purification

- Invest in a quality air purifier for rooms you spend the most time in. A portable one is easy to move around the house.
- Use quality filters in your furnace such as HEPA filters.
- Change filters monthly.
- Keep windows closed during peak mold/pollen times to relieve seasonal allergies which can make dander allergies more intense.
- Keep furnace and AC units very clean and vacuum as needed to reduce dust.

### Clean Regularly

- Vacuum frequently to remove dust, pollen and mold.

- Dust with a damp cloth or microfiber to trap more dust and keep it from blowing in the air.
- Wash pet toys and bedding weekly or as needed.
- Vacuum upholstery weekly or as needed, especially under cushions and in crevices.
- Wash your bedding frequently or at least tumble in the dryer on high for 20 minutes.

### **Grooming**

- Weather permitting, groom outdoors! This prevents shedding and dander buildup in your home. Not recommended for cats unless they are secured in a harness.
- During inclement weather, wear a mask to reduce breathing in allergens.
- Use a quality brush to remove excess fur, this keeps it from floating around the air.
- For dogs, bathe monthly to prevent dander build-up.
- Wash your hands thoroughly after each grooming, try not to touch your eyes or face.
- If you are having persistent dander allergies, it's a great idea to take a steamy shower after grooming to clear up your sinuses.
- Wear a smock during grooming or some old clothes that you do not mind getting dirty and don't wear frequently. Change after a grooming session.
- Take your pet to a professional groomer! Let us know if you need recommendations. Pets love spa days too.
- Keep nails trimmed to prevent scratches.
- Try dander sprays for cats and dogs, they are made specifically to safely remove dander from your pet's coat and can be used frequently, in between baths.
- Do not bathe your pet too frequently as it dries their coat out and causes more dander.
- Ask your vet about skin supplements for your pet, to help reduce dander.

### **Flooring**

- Hardwood and laminate floors are easier to keep clean.
- Damp mop bare floors daily to reduce allergens.
- If removing carpet is not an option, vacuum daily.
- Check with a carpet company for more tips on keeping carpet clean.
- Use runner rugs and small carpets in areas you frequent the most to keep your carpets clean.

### **Hot Beverages**

- Hot tea/juices can help open sinuses up and relieve your itchy throat.
- Avoid dairy products in your beverage when your allergies are the worst.
- If you can have honey, it coats your throat and has a lot of immune boosting properties, check with your doctor.
- Peppermint tea can provide extra relief.
- Avoid highly caffeinated beverages during peak allergy times, caffeine can exacerbate symptoms.
- Plain hot water with lemon also provides relief.

Whichever methods you try for reducing allergies, it can take a month for you to adjust to your new pet. The most important thing is to reduce the amount of dander in the air with good filtration. Keep your house clean. Don't allow pets in your bedroom or on furniture until you adjust. The slower you go with allowing your body to adjust to a new pet, the less severe your symptoms are likely to be. Check with your doctor or veterinarian before taking any type of supplements or over the counter medicine or giving your pet any supplements or medications.