



PET ALLERGIES

-It is the dander NOT the fur that causes the allergies, therefore short haired pets are no better for allergies than long haired pets.

Avoidance Measures:

- BEST: NO PETS
- Can take up to 6 months after the pet is gone for the symptoms to get better
- 2nd BEST: keep pets outdoors
- 3rd BEST: Always keep pet out of bedroom (keep bedroom door closed)
- Wash hands after petting
- Mattress & pillow covers (“DUST MITE COVERS”) pore size should be 6 microns)
Airtight: covers the entire mattress or pillow, not just the top, and can be zipped up
- Made from material with tight enough weave so dander **can't get in**
- Not quilted cover (dander will settle in quilting) Breathable, comfortable covers sold at:
 - *Medical Tree Pharmacy, 6-795 Gardiners Rd, 613-887-8733
 - *Aller-ease products on line or at Walmart, Toll free 1-833-776-2553
- Cheaper, plastic or vinyl covers also work but are less comfortable to sleep on (use washable/removable mattress pad on top for added comfort)
- NON-carpeted floors are best. Helps prevent build-up of pet allergens in carpets
- Portable HEPA air filter helps decrease pet allergen, but it is not certain whether it decreases it enough that it helps symptoms. Some studies say it helps, but some say it does not. Guidelines generally still recommend HEPA filters

Does washing the pet help?

*Only if you wash the pet twice a week!

Dr. Ellie Tsai

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