

Allergy to cats?

Pet Allergies affect 10 -20% of the global population. Symptoms include sneezing, coughing, wheezing, hives, rash, red and itchy eyes and/or runny, itchy and stuffy nose. Allergens from cats are found in skin cells (dander) that they shed. Allergens are also found in their saliva, urine and on their fur. Dander and dried saliva can remain airborne and collect in carpet, furniture and even your clothes.

Many people choose to not keep their pet due to the symptoms from allergies and that can be very difficult. What can you do to help yourself live with your furry companion? For those who suffer from an allergy to cats, the key to living with a feline is to manage the symptoms.

The first step to take is to use a High-efficiency particulate air (HEPA) filter in your home. This helps reduce airborne allergens.

Other steps you can take include:

1. Designate your bedroom as a cat-free zone. Begin your program of allergen reduction by washing, bedding, drapes and pillows. Don't expect results overnight. Cat allergens are one-sixth the size of pollen, and it may take months to reduce them significantly.
2. Restrict your cat's access to designated areas inside your home. If you have a safe outdoor enclosure, allow your cat some time outside where dander will waft away in the wind. Brush your cat in the fresh-air enclosure to prevent loose, allergen-carrying hair from dispersing through your home.
3. Having hardwood flooring in your house will help reduce your allergy symptoms. Hardwood does not "trap" the allergens as easily as carpeted floors. If you have carpet in your house then steam cleaning the floors as often as needed will help.
4. When you vacuum, use an allergen-proof vacuum cleaner bag or a vacuum cleaner with a high efficiency particulate arresting (HEPA) filter.
5. Highly insulated homes trap allergens as well as heat, so open the windows to increase the ventilation in your home, and run window fans on exhaust. Please remember to always screen windows so your cat stays safely indoors.
6. Bathing a cat used to be recommended as a way to reduce the dander, but studies disagree on the effectiveness of this and show that in order for it to help with allergies the cat would have to be bathed daily. Instead, by pet friendly baby wipes to help wipe the dander away. This is also less stressful for your cat.
7. Purina Pro Plan makes a new allergen reducing cat food that is supposed to help significantly with human allergies. Please see the link below.
https://www.purina.com/pro-plan/cats/the-liveclear-challenge?utm_campaign=prp-&utm_medium=cpc&utm_source=bing&utm_content=&utm_term=what%20is%20liveclear%20cat%20food&ds_rl=1280279&gclid=70e3c5693a6b1b40fac4a3657b01e802&gclidsrc=3p.ds
8. Talk to your doctor about immunotherapy which can help with cat allergies. Immunotherapy involves a series of small injections of the specific allergen that will help your body become desensitized to. You can also buy over the counter medications for temporary relief of allergy symptoms.