

Tiny Tigers Feline Rescue, Inc

Libby 978-582-7828

Madeleine

978-448-6029

Quick Tip Allergy Sheet

Change vacuum bags frequently

If possible, purchase a vacuum cleaner with a HEPA filter

Dust and clean with dampened cloths (furniture polish, cleaning products as needed)

Do not allow the cat in the allergic person's bedroom. Keep that door closed and off limits.

The allergic person should wash hands after touching the cat, and before touching face or eyes.

Purchase an air cleaner with HEPA filter for the allergic person's bedroom and optionally, for the room in which the cat spends most of the time.

Wipe the cat down once a week with a damp cloth

Feed a high quality premium cat food to reduce shedding

Brush or comb the cat as needed, but no less than weekly to minimize shedding

The allergens are produced proteins in the cat's saliva. Cats get it on their coats during grooming. As the saliva dries the particles flake off into the environment, or are carried on shed hairs. Therefore minimizing hair in the environment and wiping the proteins off the cat's coat with a damp cloth can significantly reduce the amount of allergen in the environment. Vacuuming, dusting and air filters can take care of the rest.

Many people with allergies to pets can live with them if they follow these steps and take some precautions regarding their interactions with their pets such as limiting physical contact and maintaining the bedroom as a "cat free zone".

The advice of most physicians is to "get rid of the pet". This has caused a great deal of stress and heartache for people who love their pets. Most allergies are a nuisance, in rare instances they can be life threatening as in severe asthma and anaphylactic reactions. Certainly medical advice should not be ignored, but someone with a mild or even moderate allergy who desires to keep their pet can do so if they are sufficiently motivated.