



Allergies: Know Your Options

Discovering that you or someone else in your household may be allergic to cats after bringing your new feline friend home can be a heartbreaking experience. The American SPCA states that 15-20% of the population is allergic to animals.

While many physicians will recommend giving up your cat once allergies present themselves, this drastic step is not always necessary. By understanding your options, you might be able to keep your cat and be allergy free, or at least reduce the severity of symptoms.



If you suspect an allergy in the household, consider the following:

- ❧ Find an allergy specialist who can help pinpoint the cause of the allergies and recommend treatment options such as medication or immunotherapy.
- ❧ Eliminate or reduce other sources of allergies that may be contributing to symptoms, such as dust and allergy-collecting carpets and fabrics.
- ❧ Use HEPA (high-efficiency particulate arresting) filters in vacuum and air purifiers to prevent the spread of allergens.
- ❧ Clean your cat's litter box frequently and use a low-dust, perfume-free litter.
- ❧ Wash your cat's bedding often.
- ❧ Ask your veterinarian about products that can be used on cats to prevent dander build-up.
- ❧ Brush or comb your cat frequently.
- ❧ Create an "allergy-free" room, such as your bedroom, that your cat is not allowed to enter.
- ❧ Wash your hands after handling your cat and, if possible, have someone else clean the litter box and brush the cat.