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PET DANDER AVOIDANCE

- ▶ Allergic reactions to pets are caused by the animal's dander. Short-haired pets are not any less likely to cause a reaction than long-haired animals.
- ▶ If you have an allergy to animals, it's best not to get a new pet. If you already have a pet you cannot live without, you should:
- ▶ Keep the pet outdoors or restrict it to a few rooms in the house. At the very least, keep the pet outside of the bedroom.
- ▶ Wash hands after petting.
- ▶ Bathe your pet once a week to reduce dander.
- ▶ Vacuum carpets once or twice a week. Use a cyclonic vacuum, which spins dust and dirt away from the floor or a vacuum with a HEPA (high efficiency particulate air) filter. Vacuums with HEPA filters can trap a large amount of very small particles that other vacuum cleaners cannot.



- ▶ Change air conditioning and furnace filters every three months, and use filters with a MERV rating of 8 to 12. A MERV rating tells you how well the filter removes dust from the air as it passes through the filter.