

Animal Dander Allergies

Animal Avoidance

There is no such thing as a “non-allergenic” dog or cat. Pet allergies occur when people are allergic to proteins in the animal’s skin, not fur.

Allergic symptoms caused from animal contact can last for days, so it may not always be obvious that an animal you came into contact with, is the source of the allergy.

You may become more aware of allergic symptoms to a pet if you have been away from them for a period of time, and are then reunited.

Unfortunately, in more severe cases when the allergy is due to a pet, the best option is often to rehome the animal. Because it can take up to six months to clear the animal proteins from the home, symptoms will disappear gradually.

Those who are unable or unwilling to rehome a pet, should consider:

- Keeping the pet out of the bedroom area
- Reducing the number of indoor carpets where possible
- Washing the animal more frequently

The pet proteins that cause the allergic reaction are water soluble, so even a plain water washing of the pet will help. This should be done at least every two weeks, or more often in severe dander allergy cases.