

Crawford & Fitch - Ear, Nose and Throat

PAMELA A. CRAWFORD, MD

KATHLEEN A. FITCH, MD

PHONE: (814) 437-7266

1029 LIBERTY STREET, FRANKLIN, PA 16323

FAX: (814) 437-1147

ANIMAL ALLERGIES

To avoid Animal Allergens:

The major sources of animal allergens are household pets such as cats, dogs, gerbils, hamsters, and birds. Remember you can also be allergic to the "barnyard" animals such as rabbits, cows, and horses.

IF you don't currently have a pet, you should be advised of the increased risk of being allergic to a pet due to your allergic history.

Remember to be cautious at homes that do have animals. It may require you taking medication prior to a visit, or staying away all together, depending on the severity of your reaction to the animal. Some animals, such as cat, may make you symptomatic just by being around the clothing of people who have been in contact with the animal.

Carpets made of animal hair, animal skin rugs, and other animal hide ornaments should be removed from the home.

IF you are allergic to allergens from one animal, you should avoid other furred or feathered animals.

If you already own a pet, here are some guidelines to follow:

- insist on your pet staying out of your bedroom
- wash your pet weekly
- keep minimal furnishings to minimize dander accumulation
- portable HEPA filters placed on the floor
- frequent HEPA filter vacuuming

If your pet has already been in your bedroom, you need to take some extra steps:

- encase your pillow and mattress in zippered allergen-impermeable encasing
- remove the carpet or clean carpet to remove the surface antigen
- wash walls to remove the antigen
- thoroughly clean everything else in the room (bedspread, curtains)
- remove any upholstered furniture
- don't forget to empty the closet to clean it also
- remove any stuffed animals that were in the room with the animal