

Allergies to pets can make it uncomfortable to share a home with them. In some cases though, a combination of managing the environment and treating your symptoms can help you find relief from allergies, so that you and your pet can stay together.

What causes allergies to pets?

Pet allergies come from your body's reaction to proteins found in dead skin cells – known as *dander* - and proteins in their saliva and urine. Dander can be found in the air and left on surfaces and clothing.

What are symptoms of allergies to pets?

- 🐾 Sneezing
- 🐾 Runny nose
- 🐾 Swelling and redness of the eyes and nose
- 🐾 Hives
- 🐾 Stuffy nose or feeling congested

How do doctors confirm allergies?

We recommend checking with your doctor if you think you may have allergies to your pet. You might be surprised to learn you have allergies to something else in your home. Your doctor will ask about your symptoms and may also refer you for allergy testing. Your doctor may also suggest management strategies, medication or immunotherapy.

How do I manage my allergies?

- 🐾 Dust and vacuum frequently
- 🐾 Clean and change fabrics your pet comes into contact with often, especially fabrics like carpets, beds, blankets, or pillowcases where hair, dust, and dander can linger
- 🐾 Use an air purifier with a HEPA filter
- 🐾 Use anti-allergen room sprays
- 🐾 Wipe your pets often and bathe them as appropriate. You may also use anti-allergen pet grooming products
- 🐾 Try an allergen reducing food, such as Purina Pro Plan LiveClear Allergen Reducing Cat Food
- 🐾 Have designated "pet clothes" you wear while being with your pet that are removed immediately after
- 🐾 Designate certain areas of the house as areas where pets do not enter

Will a hypoallergenic breed help?

No truly hypoallergenic breeds exist. Some breeds may produce less dander and do not shed as much, but they still produce dander and are not truly hypoallergenic.

Animals advertised as “hypoallergenic” often have coats that are curly or wired and require regular special grooming. If you are considering adding one of these breeds to your family make sure you understand their grooming requirements, and how to do it yourself, or find a professional groomer.

Additional Resources

Find more free guides on our website by visiting: <https://www.edmontonhumanesociety.com/>

Did You Know?

You can also ask us behavioural questions by emailing: askthespecialist@edmontonhumanesociety.com

It takes approximately \$7 million to keep the Edmonton Humane Society operational for one year and 40% of these funds come from generous donations made by supporters like you. [Donate to help.](#)