

# Pet allergen controls

- There are no “hypoallergenic” breeds of cats or dogs. They ALL shed allergens in the form of dander (dead skin flakes) or saliva.
- Removing the animal from the home/property is the best way and recommended way to avoid allergen exposure, especially in highly allergic individuals.
- Keeping an animal outdoors is only a partial solution. Homes with pets in the yard continue to have elevated concentrations of animal allergens.
- If you cannot avoid exposure, try to minimize contact.
- Keep the pet out of the bedroom and other highly utilized common areas such as the family room.
- Keep pets off furniture.
- Wash your pet 1-2 times a week.
- Vacuum the carpet 1-2 times a week. Consider replacing with solid surface flooring.



Information provided by Nemours Children's Specialty Care, Jacksonville  
Division of Allergy/Immunology/Pulmonology



A collaborative program for children of