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## LIVING WITH ALLERGIES TO YOUR PET

People who are allergic to cats are actually allergic to a protein called Fel d1 found in cats' saliva, urine and feces. Cats lick their fur and the saliva dries and flakes off, and is present in the air. Unfortunately, allergies are one of the main reasons people give for giving up their pet. Most of these people do not realize that there are ways of reducing or eliminating their allergy problems. Following are several simple strategies you can use to minimize your chances of developing allergies and ways of coping with them if you have them.

- Apply Allerpet/C to your cat's coat once a week – Allerpet/C is a natural enzyme that breaks down the Fel d1 protein naturally. It has been clinically proven to reduce allergy problems for cat owners. More info at [www.allerpet.com](http://www.allerpet.com)
- Many people are more allergic to kittens than adult cats, you may be less allergic as your kitten grows up.
- Circulate fresh air in your home as much as possible. Open windows, change air filters on furnaces and air conditioners often.
- Feed your cat a premium food, the proper balance of essential fatty acids and nutrients will keep skin and hair in optimal condition, reducing shedding and dander.
- Clean litter boxes daily, if you are allergic have someone else do it or get an automatic litter box.
- Get a HEPA air filter and use it in your bedroom, these filters remove 99% of all allergens from the air.
- Wash cat beds, cover slips and blankets that the cat sleeps on frequently.
- Brush your cat frequently and dispose of the dead hair. Have someone else do this for you if you yourself are allergic.
- Wipe your cat frequently with a cloth dampened with lukewarm water. Do not bathe her with soap, because she will lick herself more and increase the saliva on her coat.
- Wash your hands after touching your pet, before eating or touching your face.
- Make sure you use allergen-filter vacuum bags to avoid distributing allergens into the air when you clean. Consider replacing carpets with hard flooring, or steam-clean carpets once a month with allergen reduction formulas such as Bissell.
- Close your cat out of your bedroom – if you breathe allergen-free air while you sleep your tolerance during the day will be better.