



Understanding Pet Allergies

www.AllergyControl.com/understandingpetallergies.aspx

The Basic Facts on Pet Allergens

Many people allergic to animals think the allergy is caused by pet hair itself. Actually, it is caused by a protein present in the animal dander, which is made up of flaky skin cells and dried saliva.

Q: Are there hypo-allergenic pets?

A: All pets produce dander, and since dander causes allergy symptoms, no pets are actually hypo-allergenic. Some may produce less dander, and allergy sufferers can be less sensitive to some breeds.

Q: Where are pet allergens found?

A: Cat allergen is particularly sticky and is easily carried on clothing. Although pet allergen levels are much higher in the homes of pet owners, these allergens can travel to other areas as dander sticks to clothes and other belongings.

Q: What can I do if I'm allergic to my pet?

A: Although the most effective treatment may require finding a new home for your pet, if you don't make this choice, be sure that your pet is kept out of the bedroom. Wash hands or clothes after coming into contact with the pet, bathe the pet regularly and keep grooming to a minimum.

Q: How should I remove pet dander from my home?

A: Removing pet dander requires thorough cleaning and can take as long as 20 weeks to alleviate symptoms.

- Cover all bedding in allergy encasings with smaller pore sizes to block pet dander.
- Wash linens, blankets and other bedding.
- Remove or treat carpets. Clean with HEPA filtration vacuum.
- Replace upholstered furniture with wipeable furniture like leather.
- Wipe down walls and hard surfaces.
- Filter air with vent filters and HEPA air purifiers.

Q: What protection does an encasing provide?

A: Pet dander particles are extremely small, and only certain encasings with the smallest pore sizes (under 6 microns) or membrane barriers can trap these particles. An encasing traps pet dander within the bed and protects you from inhaling these allergen particles.

Understanding Mold Allergies

www.AllergyControl.com/understandingmoldallergies.aspx

The Basic Facts on Mold Allergies

Molds are microscopic fungi made up of clusters of filaments that decompress plant and animal matter for nourishment. Many molds reproduce by releasing spores into the air, which settle and grow into new mold clusters. These mold spores contribute to mold allergies.

Q: Where are molds found?

A: Molds live both outdoor and inside the home. Outdoor molds are found in fallen leaves, rotten vegetation, and in other shady, damp areas. Indoor molds can grow in areas that don't have enough ventilation or have water pooling. They thrive in warm, dark, or humid areas such as showers or basements.

Q: What can I do to control mold inside?

A: Since mold needs moisture to survive, increasing ventilation to reduce humidity is the best route to preventing mold growth.

- Use dehumidifiers and air conditioners to get humidity to levels between 35-40%.
- Use mildewcide or bleach to kill growth and prevent regrowth
- Use air vent filters to keep mold spores from circulating through vents.
- Use specialized heat units designed to kill mold spores
- Use an in-home mold identification kit to determine the location and mold type that is causing the allergic reaction.

