



ALLERGIES

Today, one out of three people allergic to cats actually lives with one in the house, according to the Journal of Allergy and Clinical Immunology. Research into the cause and treatment of cat allergies has made considerable progress in the past few years. New research into a cat allergy vaccine is expected to hit the market in the coming years.

Informative asthma/allergy product catalogs can be obtained by free of charge by calling:

ALLERGY CONTROL PRODUCTS	1-800-422-DUST (3878)
ALLERGY ASTHMA TECHNOLOGY	1-800-621-5545
ALLERGY RELIEF CATALOG	1-800-522-1448
NATIONAL ALLERGY	1-800-522-1448

Many doctors and phone information people will say “get rid of the cat”, but many people are not actually allergic to cats but to dust (including tiny dust mites that live in mattresses and bedding).

To lessen your exposure to dust or cat dander (containing allergens from their saliva):

1. Cover mattress, pillows, and box springs in zippered allergen-impermeable covers.
2. Wash bedding in hot water and often; blankets and bedspreads weekly, and sheets and pillowcases more often.
3. Reduce up to 90 percent of allergens in your carpet and drapes by using a vacuum that features a HEPA (high efficiency particulate air) filter, and always use a dust mask to reduce inhaling allergens while vacuuming.
4. When possible, remove carpets, drapes and overstuffed furniture from bedrooms.
5. Treat the carpet and upholstered furniture you have with an anti-allergen dust spray to neutralize pet dander which contains saliva allergens.
6. When possible, keep bedrooms cat-free.
7. Wash all pet bedding weekly.
8. Wash walls, ceilings, floors, moldings, light fixtures, shelves and door and window tops frequently.
9. Try washing your cat weekly. Even total immersion in a tub of plain water without soap can reduce the allergy-causing protein by up to 79%. Using soaps actually decreases the effectiveness of removing the allergy-causing protein; showing only a 44% percent reduction in the allergen.
10. Wash your hands often, especially after holding or petting your cat.
11. Purchase an air cleaner with a HEPA filter and run it daily.
12. When possible, have another family member handle the grooming, washing, and litter box cleaning responsibilities.

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