
Learning about...

WHEN YOU ARE ALLERGIC TO CATS

Cats are known risk factors to produce chronic nasal and eye symptoms, acute asthma attacks and emergency care. If you are allergic to cats, the best way to reduce allergy symptoms and asthma is to remove any cats from your home. Be aware that it can take up to 6 months for all of the cat dander to disappear once the cat is removed.

Studies have shown that there is a decrease in the amount of dandruff-type particles or cat allergen on a cat and in a home when the cat is bathed regularly. The number of cat allergen particles can be lowered greatly by bathing the cat and vacuuming the whole house on a regular basis.

If you keep a cat in your home, you must keep the cat out of the bedroom. You must also wash the walls as part of your home cleaning routine. Cat allergen particles also collect a lot more on carpet than on polished floors.

How to wash the cat:

1. Bathe the cat or kitten once a month
2. Rub warm water all over the cat, even the face, for 10 to 15 minutes.
3. Towel dry the cat, then blow-dry the cat with the hairdryer on a low setting.

The number of cat allergen particles goes down after 3 to 8 months of monthly bathing. To keep these levels low, you must bathe the cat monthly for as long as you have the cat.