

## Living With Allergies to Your Cat

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.

- Use Allerpet/C – a natural enzyme product clinically proven to reduce allergy problems for cat owners. You simply wipe the cat with this liquid once a week ([www.allerpet.com](http://www.allerpet.com))
- Close your cat out of your bedroom – if you breathe allergen-free air while you sleep your tolerance during the day will be better.
- 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. Keep the litter box away from the areas you spend time in, Fel d1 is present in feces and urine.
- Get a HEPA air filter and use it in your bedroom.
- 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.
- Do not bathe your cat with soap or shampoo, 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, new hypo-allergenic carpet, or at least getting the carpet frequently steam-cleaned with allergen removal solutions.