

Asthma Management: The Animal Allergen

Now, a health minute.

The protein contained in the dander or skin from animals can be a trigger for people with asthma. Cats and dogs are most common, but any furry animal can affect a person who is allergic.

If you are highly allergic, it may be necessary to remove your pet from your house. However, in many cases, your reaction to a pet can be controlled with a combination of allergy medication and common-sense tips.

Prevent your pet from entering your bedroom by keeping the door closed. Install a HEPA air filter in your house.

Be sure to dust and sweep often.

Regularly vacuum carpets and upholstered furniture, preferably using a HEPA filter.

Wash your pet often and wash your hands thoroughly after handling your pet.

Follow these tips to breathe easy while spending quality time with your furry friend.