

# ALLERGY & ASTHMA SPECIALISTS OF NORTH FLORIDA, P.A.

Edward A. Mizrahi, MD

Patrick J. DeMarco, MD

3636 University Blvd S, Suite A-3  
Jacksonville, FL 32216  
(904) 730-4870

1895 Kingsley Ave. Suite #401  
Orange Park, FL 32073  
(904) 272-5251

11701-32 San Jose Blvd. #117  
Jacksonville, FL 32223  
(904) 880-3880

Web site: [www.jaxallergy.com](http://www.jaxallergy.com)

## ANIMAL ALLERGEN CONTROL MEASURES

1. Avoid pet exposure whenever possible.
2. Remove animal from the home or, if you know that you are sensitive, do not get a pet. It is much easier to never get a pet than it is to remove it from the home once you already have one.
3. If you are going to have a pet, keep it outside.
4. If you continue to have an inside pet, limit it to one room and especially keep it completely out of the bedroom.
5. Even after removing a cat from the home, enough allergen to cause symptoms may be found in the home for up to 4-6 months.
6. Pet allergen is easily transferred from person to person (mainly on clothing). There has even been found to be enough cat allergen on airplanes to cause symptoms in allergic patients.
7. Keep the pet away from carpeted area and off fabric furniture.
8. Wash your hands after each time you touch or play with the animal.
9. Cat allergen may be found in fur, pelt, saliva, urine, saliva and skin of the animal. Therefore, even "hairless" cats and dogs may be allergenic.
10. Wash (preferably by someone non-allergic) the pet weekly while wearing a mask.
11. Vacuum weekly using a vacuum containing a HEPA filter or a central vacuum system.
12. Use a HEPA air cleaner or filter to reduce airborne levels of pet allergen.
13. Wash bed linens in hot water weekly (greater than 130°F).
14. Use impermeable covers for mattress, box-spring and pillows.

### Selected references:

1. Environmental Control: Practical Applications. AAAAI 2006 Meeting
2. Allergens in Indoor Environments: Identification and Removal. AAAAI 2006 Meeting
3. Improving indoor environments: reducing allergen exposures. *Journal of Allergy & Clinical Immunology* 2005
4. Allergen avoidance in asthma: What do we do now? *Journal of Allergy & Clinical Immunology* 2005
5. Avner et al. *Journal of Allergy & Clinical Immunology* 1998