

Wipe Away Allergies

Follow these cleaning tips to make living with cats easier on allergic family members.

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6. Give your cat a bath. Bathing your cat on a weekly basis can reduce the level of allergens on fur by as much as 84%, according to the Humane Society of the United States.
7. Groom your cat daily to keep your cats coat healthy and prevent a build-up of dander. Again, this task is best performed by a non-allergic individual. If you can, groom the pet outside the home, such as at a professional groomer or in a safe outdoor environment.
8. Feed your pet a high-quality, well-balanced diet. A food that keeps your cats coat healthy will help reduce the amount of shedding hair and help prevent an excess amount of dander and flaking skin.
9. Keep your cat out of the bedroom. This will give the allergy sufferer an allergy-free respite from the dander and allergens in other parts of the home.
10. Reduce other allergens in the home. Cigarette smoke, dust, pollen and insecticides can all trigger allergic reactions, depending on a persons sensitivity. Reducing exposure to these and other allergens can help minimize reactions to cat dander.

If you don't yet own a cat but want to add one to your home, consider a shorthaired breed over a longhaired one. In fact, some cat lovers believe some breeds such as the Cornish Rex, Devon Rex and Sphynx produce less allergens than other cats, though this doesn't prove true for everyone. By making informed choices and spending a bit more time cleaning, you can keep your precious pet and make breathing easier for the allergic members of your family.

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