

# Managing Cat Allergies

This playbook describes the steps to reduce allergens in a home environment for individuals or family members with cat allergies. It outlines cleaning techniques and provides information on considering hypoallergenic cat breeds to minimize allergic reactions.

## Step 1: **Clean Regularly**

Thoroughly clean your home on a regular basis, focusing on areas where your cat spends the most time. This includes vacuuming carpets and furniture, washing bedding, and dusting surfaces to remove pet dander.

## Step 2: **Air Purification**

Use an air purifier with a HEPA filter in areas where your cat frequents to help remove allergens from the air. Ensure that the filter is changed according to the manufacturer's recommendations for optimal effectiveness.

## Step 3: **Grooming**

Regularly groom your cat to reduce the amount of loose hair and dander. This can include brushing or combing your cat and, if your cat tolerates it, occasional bathing with a vet-recommended shampoo.

## Step 4: **Hypoallergenic Breeds**

If you are considering adopting a cat and you or a family member has allergies, research hypoallergenic cat breeds. These breeds tend to

produce fewer allergens and might be a better fit for sensitive individuals.

## Step 5: **Allergy Treatments**

Consult with a healthcare professional about allergy treatments that can help mitigate symptoms. Options can include over-the-counter antihistamines, prescription medications, or immunotherapy.

## **General Notes**

### **Consult Professionals**

Always speak to a veterinarian and healthcare provider about the best practices for managing allergies and the well-being of your cat.

### **Isolation Areas**

Consider creating areas in your home where your cat is not allowed, such as bedrooms, to create allergen-free zones.

### **Wash Hands**

Remember to wash your hands immediately after handling your cat or cleaning their living space to minimize the transfer of allergens to your face or other surfaces.