

Goals for Cutting Down on Your Contact with Pets

Find a new home for your pet if possible.



Keep your bedroom door shut in order to keep the pet from being in there.



Use an air-cleaning device with a HEPA filter to remove pet allergen from the air.

Encase your pillows and mattress in special allergen-proof covers.



Wash your hands after playing with a pet and keep your face away from fur.



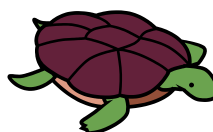
Wash your pet every two weeks.



Wash blankets and bed sheets every two weeks in hot water.



Vacuum areas with carpet every week with a vacuum cleaner. Damp mop areas without carpet.



Choose a pet without fur or feathers.