

Breathe Better Around Your Four-Legged Friends



Pet hair isn't the problem — it's what it carries: a protein in animal dander, saliva and urine triggers asthma and allergies.



Reduce exposure

- Wash or brush dogs and cats often to remove dander
- Keep them out of the bedroom
- Keep them outside when possible
- Place covered cat litter boxes away from main living spaces



Make-your-own cleaning supplies

- Round up the following ingredients, then visit our website for cleaning supply recipes:
 - white vinegar
 - liquid dish soap
 - baking soda
 - cooking oil
 - lemon juice



Reduce dander

- Clean walls and hard surfaces
- Wash "dust catchers" like stuffed animals, bedspreads and curtains
- Vacuum carpet and damp mop floors twice weekly
- Replace carpet with hard flooring and machine-washable rugs



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