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.

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

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

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.

Developed as a part of the CHAMPS program.