



## **Common Household Allergens**

### **Fircrest Veterinary Hospital, LLC**

1. **Cedar:** cedar filled beds, cedar decks or cedar decorative wood chips in the yard.
2. **Wool:** wool blankets, wool blend bed tops or wool carpets.
3. **Dust mites:** common insects in the home that are found in the carpets, cloth furniture and bedding. Vacuum carpets and cloth furniture 2-3 times a week and wash bedding with hypoallergenic or non-scented laundry detergents and dryer sheets.
4. **Fleas:** dogs and cats can be allergic to the saliva of a flea bite. These bites can cause allergic reactions and we recommend treating for fleas year round. Typically, our winters do not produce enough frost to kill fleas.
5. **Scented candles, air fresheners (including plug-ins), incense, essential oils or cigarette/tobacco smoke:** It is important to have all smokers wash their hand before petting your pet. Nicotine residue can cause a skin allergy.
6. **Scented powdered carpet deodorizers.**
7. **Grass:** blue grass is the most common allergenic grass to pets. Simply rinse or bathe your pet with water after playing in the grass, minimizing exposure.
8. **Pollen, mold, and dust:** to minimize issues, it is recommended to change air filters with gas forced air heating or cooling systems once a month using 3m allergen filters.
9. **Perfumes, cologne and scented hand lotions:** have the potential to cause allergic reactions to pets.
10. **Feather dust:** down comforters, pillows and jackets