
Allergy to Animals or Birds

An allergy to animals or birds often causes more trouble in the winter because houses are closed up and you are indoors more.

When you have an allergy to a pet you should give your pet away if your symptoms are troublesome. You can test how much your pet causes you symptoms. Remove the pet from your home for 3 or 4 weeks. Make sure the house is cleaned and well ventilated at this time. You can also go on a trip or live with someone who does not have a pet for 3 to 4 weeks to test this out.

When you are not willing to give your pet away, follow these guidelines:

- Keep the pet outdoors as much as you can.
- Do not allow the pet in your bedroom.
- Allow the pet into certain rooms only. Keep the pet off furniture as furniture collects pet dander.
- Have the pet washed, brushed and groomed often by another person.
- Have another family member feed and care for the pet.
Remember that clothes worn by that person contain dander.
- When visiting, ask if the pet can be kept out of rooms you are in.

Medications

You can take medications to relieve or prevent symptoms of asthma, rhinitis or conjunctivitis caused by pets. Rhinitis is inflammation of the nose and conjunctivitis is inflammation of the eyes. Medication may be useful when you do not have a pet but know you are going to be exposed to an animal in another place.