

How You Can Tell If You Have A Pet Allergy

There are so many triggers for allergies, and allergens are all around us. Some are related to dust and pollen, and other triggers can be from pets. Do you know what you're actually allergic to? Here are some of the allergy symptoms caused by animals.

Normally for pet allergy sufferers, they start sneezing badly once they're nearby any cats or dogs, or when exposed to pet hairs left around the house - this is the first sign. Other common symptoms to look out for are also blocked noses or runny ones, not too much different from a cold really. It is easy to tell the difference between the two though as once you get away from the allergen, the symptoms will subside just as quickly as it came.

Other reactions that are common are sore eyes. If you experience these symptoms, wash your eyes immediately with water and refrain from rubbing as that will only make things worse. The dander from animals can cause mild to serious allergic reactions in many people.

If you've never heard of the word "dander" before, I'll explain it. Dander's similar to dandruff on human scalps and but they're much smaller flakes of skin, so small that it isn't obvious to the naked eye.

Dander can easily spread through any household environment, and they can sit around a home for several weeks or months if not cleaned thoroughly. This is why people can still get reactions when entering a home even without the dog or cat being present.

If you're considering owning a pet anytime soon but you know you have an allergy to dander, then look for specific breeds that do not shed as much skin. Look on the internet for information on hypoallergenic pets and you will find a huge list of animals that you can include in your home safely.

If you really must live with a pet and there is no other choice, consider having an air filter. These air purifying units aren't cheap and can cost you as much as \$1000 and over, however if it might be the only solution you have left.

The best types are ones that get installed into an existing cooling or heating system and they efficiently clear the air of your entire house so it will continue to remain free of dander.

About the Author

If you are browsing for a remedy for allergen hypersensitivity and to cleanse the air of pollutants, here is a lot more advice in relation to [home air purifiers](#) together with other great makes of [dust air purifiers](#).

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