Animal Dander Allergy

What is an allergy?

An allergy is a reaction to something that a person breathes in, touches, or eats. The person's immune system may think it is harmful, and reacts to it. This reaction causes the symptoms of allergy. Symptoms can include red, itchy eyes, runny nose, sneezing, rash, or trouble breathing.

What is dander?

Dander is dried saliva mixed with small bits of hair, feather, and skin. Dogs, cats, and other animals with fur or feathers have dander. All cats and dogs have saliva and skin so there are no breeds that do not trigger allergies (hypoallergenic).

How do you know if my child is allergic to animal dander?

Dander causes allergy symptoms in many people. Your child's doctor can do tests to see if your child is allergic to animal dander.

What can I do to keep my child away from dander?

If your child is allergic to animal dander, there are many things you can do to help:
— If possible, do not allow the pet inside the home.
— If you keep the pet, keep it outside as much as is safe and possible.
— Every week, bathe and brush the pet outside your home. This should not be done by your child who is allergic to the pet.
— Use HEPA air filters (a special type of air filter that traps animal dander).
— After touching a pet, wash hands and clothes.
— Keep pets out of the bedroom. Do not sleep or nap with a pet.
— Keep pets off furniture covered in fabric.
— Every week vacuum floors and fabric on furniture. This should not be done by your child who is allergic to the pet.
— Clean animal cages regularly. This should not be done by your child who is allergic to the pet.

Now that you’ve read this:

☐ Tell your nurse or doctor how you will keep your child away from animal dander. (Check when done.)

☐ Tell your nurse or doctor how you will treat your child’s allergy symptoms. (Check when done.)

If you have any questions or concerns,

☐ call your child’s doctor or ☐ call ______________________

If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter
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Name of Health Care Provider: _______________________________
Date returned: ____________ ☐ db

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  ☐ Yes  ☐ No
easy to read?  ☐ Yes  ☐ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  ☐ Yes  ☐ No

Why or why not?

Would you do anything differently after reading this handout?  ☐ Yes  ☐ No

If yes, what?

After reading this handout, do you have any questions about the subject?  ☐ Yes  ☐ No

If yes, what?
Is there anything you don’t like about the drawings?  □ Yes  □ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center  602-933-1395
Health Education Specialist
Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

Thank you for helping us!