

## Tips to reduce contact with environmental allergens

If, by means of allergy testing, we know the allergens to which the animal is allergic, in addition to immunotherapy, we can try to minimize their presence in the environment.

Often it is **difficult to achieve**, but here are some practical tips:

- **DUST MITES - Dermatophagoides pteronyssinus and farinae**  
They are mostly found in mattresses, blankets, pillows, carpets, sofas, bedroom, toys. Their optimal environment is hot and humid.  
**Blankets, pillows, mattresses** : wash them often (every 10 days, after having shake them well) with hot water (> 55 ° C, possibly with Demite special additive). Replace them every year. Wrap them with special linings of Goretex or polypropylene (ask at the pharmacy; pore diameter up to 10 microns. Companies: Bioallergen, Allergosystem, Softbiocare, Acarosan).  
**Rugs, carpets, floor**: vacuum them often (better microfilter; Allerblock eg HEPA filter) when the dog is out. Alternate with "100 degrees." steamcleaner Treat carpets with tannic acid (ask for info to an expert). Put a dehumidifier. Use anti-mites paints . Do not let the pet sleep on the bed. Keep him in a room without carpets (but not bathroom or other wet rooms). Avoid plush games . Treat the environment with an antiacaricidal (eg. Benzyl benzoate or disodium octaborate tetrahydrate; eg. Stop Acari spray; Aclocid foam), followed 12 hours later by vacuum cleaner.
- **STORAGE MITES - A. Siro, Glycyphagus, Lepidoglyphus**  
They are mostly found in starchy foods, firewood, dry petfoods, sideboards, cold and wet walls. From there they spread to fabrics etc. Try switching from dry food to moist. Clean the pantry. Remove the wood. Dehumidify. See also dust mites.
- **MOULD (Alternaria, Aspergillus):**  
They are mostly found in damp rooms, baths, bath mats, plant pots.

Avoid the animal staying in cellars, stables etc. Install an air conditioner and a dehumidifier. Clean and disinfect well the filters of both. Wash the shower and flower saucers with bleach.

- **GRASS AND TREES POLLENS :**

During the months of pollination (which correspond to those of itching), after walking outdoors, wipe a humid sponge on the dog's coat especially on feet and groin. Even better, if possible, bathe him and then put an emollient. Keep your lawn cut short. When you cut it (and on windy days), keep the dog indoors. Install an air conditioner. Pollen are more present in early morning and at sunset.