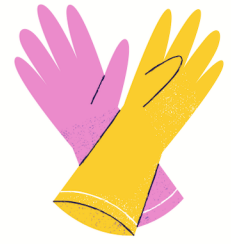


SPRING CLEANING TIPS

For Pets with Allergies



Here are some tips for spring cleaning your home to reduce the risk of allergens such as dust, pollen and mould affecting your pet. It's wise to follow this guide regularly and if you spot mould, it needs tackling promptly to protect both your pet's health and your own.

Dealing with dust & pollen

1. **Dust surfaces with a damp cloth** or microfibre cloth to prevent allergens from becoming airborne.
2. **Vacuum regularly** using a vacuum cleaner equipped with a HEPA filter to trap dust mites & allergens (including pollen).
3. **Keep clutter to a minimum** to reduce dust buildup in the home.
4. **Use allergen-proof covers** on mattresses & pillows to prevent dust mites from accumulating.
5. **Wash bedding, curtains, and other fabric** items in hot water (over 60°C) to kill dust mites.
6. **Wash pet bedding and toys** frequently to remove dust and pollen allergens.
7. **Use a high-efficiency air purifier** with a HEPA filter to remove airborne allergens, including dust mites & pollen, from the air inside your home.
8. **Replace or clean air filters** in heating & cooling systems regularly to maintain clean indoor air.
9. **Avoid harsh chemical cleaners** or air fresheners that may aggravate your pet's allergy symptoms.

Dealing with mould

1. **Wear protective gear** (gloves, goggles & mask) to avoid inhaling mould spores or getting them on your skin.
2. **Keep your pet out of the area** being cleaned to prevent them from inhaling or coming into contact with mould spores.
3. **Use a solution of detergent & water** to scrub surfaces affected by mould. Avoid using bleach or other harsh chemicals, as these can be harmful to pets if ingested or inhaled.
4. **Ventilate the area** by opening windows and using fans to help disperse airborne mould spores. If your pet suffers from hay fever, consider asking a friend or relative to look after them at their home for the day.
5. **Dispose of any contaminated materials**, such as rags or sponges used for cleaning, in sealed bags to prevent mould spores from spreading.
6. **Clean and dry any pet bedding**, toys, or other items that may have come into contact with mould spores.
7. **Consider using a HEPA air purifier** to remove airborne mould spores from the indoor environment.
8. **Monitor your pet** for any signs of allergic reactions or respiratory distress after cleaning mould, and contact our vets if you have any concerns.
9. If you're unsure about how to safely clean mould in your home, **consider hiring a professional** mould remediation service to ensure thorough and safe removal.

If you notice your pet scratching or licking excessively, sneezing, coughing, struggling to breathe, has runny eyes, a runny nose, or has irritated skin, they could be having an allergic reaction. Contact us for advice.

