

# Ah-choo!



Story by M. Page Jones

## What is an "Allergy"?

An allergy is a hypersensitivity disorder of the immune system.

## What Causes Allergies?

Many people believe that allergies are a result of a pet's fur. Not true. Allergic reactions occur due to a pet's "dander" or old skin scales shedding. Because these cells are so microscopic, it is hard to find and eliminate them from your home.

## Why do our bodies react to allergens?

Our bodies mistake harmless things -- like pet dander -- for dangerous invaders, and attack them as they would bacteria or viruses. Your allergy symptoms are the side effects of your body's assault on the allergen.

## Where can allergens be found?

Allergens stick like glue to just about everything, including your carpet, walls, clothes, and can reach every nook and cranny of your home.

## What types of pets create allergens?

**Cats vs. Dogs:** Most often people are more allergic to cats than dogs because cat's saliva is a common culprit for allergens. Anyone who's ever owned a cat knows how much they bathe themselves. A cat's dander is harder to control because it weighs less than dog dander.

**Birds:** It's not just our furry friends who are the culprits! Birds produce

dander, as well. Certain bird's feathers contain dust that is easily spread through the air, and can quickly cover furniture around their cage within hours.

## How do you keep the dander down in your pet-friendly home?

### Bathe Your Pets

You can begin by bathing your pet regularly to reduce the amount of dander released in the air. Even just running a damp cloth over your pet can cut down on allergens.



## FUN FACTS

1. Over 14 million Americans suffer from animal allergies.
2. Even dogs get allergies, around 20-25% of them
3. Fifty percent of homes have at least six detectable allergens present.
4. Cat allergies are twice as common as dog allergies.

### Create "Allergy-Free" Zones

Do not let your animals sit or sleep on the furniture. Also, consider not letting them on your bed so that you have at least a good 8 hours a day with no dander in your face!

### Clean your Home

Dust and vacuum daily, especially in the "common" areas where your pets spend the most time. Use a special "lint" brush to roll on your furniture each day. Wash your curtains and rugs often, as well. Also, consider wearing

a mask meant to block allergens as you do these things.

### Outdoor/Indoor Pets

Your pets pick up pollen and mold spores when playing outside. Brush them thoroughly before you let them in to remove as many spores as possible.



## Consider a “Central Whole House Air Purifier”

Whole-house air-cleaning systems are becoming increasingly more popular and can be incorporated into almost any HVAC system. Whole house air purification virtually eliminates allergens, bacteria, dust, and smoke by as much as **100 times** more effectively than conventional furnace filter systems. A selection of whole house air purifiers offer ozone-free technology, professional installation or DIY units, and particle removal as low as .003 microns – the smallest particles that exist!

When it comes to improving indoor air quality, whole house air purifiers are powerful tools that create a more comfortable and healthier indoor environment throughout your whole home.

**We know we can't live without our furry babies, but at least with these tips we can live a little better with them!** 🐾

## Did You Know...

...60% of all allergy symptoms from pollen, dust & pet dander can be controlled through proper filtration?



**\$100 off**  
Whole House PureAire™  
system (at installation)  
— or —  
**\$25 off**  
a service for  
new customers

Over 10 Years in Business.  
Serving Brunswick, New Hanover, Onslow,  
Pender, & Columbus Counties.

Specializing in Heating, Air Conditioning,  
Refrigeration, & Electrical Services.

Utilizing the Most Innovative Mechanical  
Systems to Create the Most Comfortable &  
Healthy Indoor Environment.

**GREENDOT**  
HEATING & AIR CONDITIONING

1227 South 3rd St., Wilmington, NC 28401  
910-791-0480 | [www.greendothvac.com](http://www.greendothvac.com)