

## HOW TO RELIEVE CATS ALLERGIES

Allergies in cats are a common problem and usually manifest as skin disease (itchiness, hair loss, red skin, scabs, and skin rash). Allergic reactions can occur to many different things, but fleas are the one most common allergy seen in cats.

### **INSTRUCTIONS (ADULT CAT FLEA)**

- As noted above, fleas are the most common allergy seen in cats. They can easily cause "hot spots", which are reddened, inflamed, infected areas on your cat's skin. Fleas are often hard to find on cats because many cats groom constantly and remove the fleas by doing so. This does not mean however that the fleas are not biting your cat. The rule of thumb is to assume that a cat with skin disease has fleas until proven otherwise by lack of response to effective flea control.
- Allermyl shampoo, one of many shampoos available for soothing your cat's allergies Regular bathing with a mild soothing shampoo can help give your cat relief from skin allergies also. There are numerous shampoos available, including Allermyl, Allergroom, Oatmeal, Aloe and Oatmeal, Tea Tree Oil and Aloe Vera plus many others.
- Neosporin can make your cat's skin more comfortable and can also help prevent infection. There are various topical medications which can be used to soothe irritated skin for your cat. These include Neosporin and Hydrocortisone Cream.
- IVD diet, one of several lines of novel protein diets for pet allergies. There are also numerous diets which may help to alleviate the allergy. For cats, a diet choice such as green peas and venison is a possibility. Try to choose a food containing ingredients, especially proteins (meat, poultry, fish, venison, etc.), that your dog has never eaten before.
- If your cat's skin does not improve, or the skin lesions are particularly severe, you should schedule an appointment with your cat's veterinarian. It is possible that your cat's skin disease is caused by something other than an allergy or that your cat needs more care than you can provide by yourself at home.

### **Tips & Warnings**

- Never use over-the-counter medications on your cat without checking with your cat's veterinarian to make sure the medication is safe. Many medications can be toxic to your cat, including medications like aspirin and Tylenol.
- Never use flea products on your cat that are not specifically labelled for cats. Many products are formulated for dogs only and can be dangerous for your cat

## **SYMPTOMS OF ALLERGY IN CATS**

Allergies to pets appear in about 10 percent of the population, with cats being the most common offenders. Many symptoms can indicate you may have an allergy to cats.

### **Sneezing**

Sneezing is a common effect of a cat allergy. This onset is usually fast and happens when you are first exposed to a cat.

### **Itchy Eyes**

You may find your eyes get bloodshot and itchy around cats. Eyes may water as they try to reject the cat dander.

### **Coughing**

You may cough or wheeze after being around a cat. This can be more dangerous because if allergies are untreated, they can possibly lead to asthma.

### **Rash or Hives**

If you have hives on your chest or face, you may be having a more severe reaction to the cat. Hives are red, raised patches of skin that itch.

### **Cat Bites and Scratches**

Cat bites or scratches will make your skin puff up and turn red and irritated if you are allergic to cats.

## **TREATMENT**

You can treat your allergy with over-the-counter or prescription medication. If you are unsure if a cat is causing your symptoms, have yourself tested for cat allergies.