



Pets Can Trigger Asthma

Pet pee, poop, hair, skin flakes and saliva can trigger an asthma attack. These are carried in the air and can be inhaled into your lungs.

Tiny dust on a pet can get on your clothing, hands, skin and eyes from contact with pets.



Lessen allergy symptoms from pets

- Know that cats cause the most allergy symptoms.
- Keep pets out of sleeping areas or keep them to one area of the home, such as outdoors, or the basement.
- Keep pets away from furniture such as a chair or couch with stuffing, cushions, fabric and other materials.
- Keep pets away from carpets, heavy drapes, and stuffed toys.
- If needed, you could find the pet a new home.

**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**