

Managing Pet Dander at Home

A room-by-room checklist for reducing pet dander and allergen build-up — regular grooming, vacuuming with a HEPA filter, washable pet bedding, keeping pets off soft furnishings, and air quality management.

Why pet dander matters

Pet dander is made up of tiny flecks of skin shed by cats, dogs and other animals with fur or feathers. It's a common trigger for allergies and asthma, and unlike pet hair, dander is light enough to stay airborne and settle on soft furnishings, bedding and carpets throughout the home.

Quick wins

- Groom pets regularly, ideally outdoors or in a well-ventilated area
- Wash pet bedding weekly on a hot cycle
- Vacuum with a HEPA-filter vacuum at least twice a week
- Keep pets out of bedrooms if allergies are a concern
- Wash your hands after handling pets, especially before touching your face