

USEFUL TELEPHONE NUMBERS

If you are concerned or worried about anything to do with your procedure in the first 48 hours following it please contact us for advice on:

ENT Outpatients: 8am—5pm on
01254 734544

Or

Ward B14 at any time on:
01254 735185

After this time, please contact your own GP.

If you require this document in an alternative format or language, please contact 01254 734544

Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba. prašome susisiekti su mumis

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T: 01254 734544

W: www.elht.nhs.uk

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East Lancashire Hospitals
NHS Trust
A University Teaching Trust

Allergy to Animals

Safe | Personal | Effective

What causes an allergy?

Allergic reactions are caused by substances in the environment known as allergens. Almost anything can be an allergen for someone. Pet allergens are amongst the most common. When allergens are in contact with the skin or breathed in they cause an allergic reaction. That is, it makes the body produce histamine which causes swelling and irritation of the upper airways.

Common symptoms:

Nose: sneezing, runny nose, sinus problems

Eyes: itching, redness, watering

Respiratory system: wheezing, coughing, shortness of breath.

Skin: nettle like rash, itching

Prevention and treatment

- Do not buy any new pets.
- Restrict pets to outdoors or to limited areas in the house—not in the bedroom.
- Wash cats and dogs regularly.
- Keep pets healthy and well groomed.
- If you are in contact with animals outside the home (e.g., horses or other people's cats) should change their shoes and clothes and wash their hair when arriving home.
- If possible, remove carpets from rooms where pets are kept.
- Vacuum floors regularly and remaining carpets should be cleaned and vacuumed regularly.

- Clean all surfaces regularly.
- Wash all pet bedding regularly.
- When returning from a walk with your dog during the spring and summer you should wipe your dog over with a damp cloth

You may or may not need treatment to help you to control the symptoms of your allergy.

Antihistamines

Are used in the treatment of allergic disorders. When an allergen enters the body, your immune system detects it as a foreign substance and produces histamine to help defend the body.

Antihistamines work by stopping histamine from reaching its target and therefore reducing the symptoms associated with allergy.

They can be taken as tablets, syrups, or nasal sprays.

How to use a nasal spray

- Shake the bottle.
- Gently blow your nose.
- Tilt your head slightly forward.
- Close one nostril by gently pressing against the side of your nose with your finger.
- Insert the tip of the nasal spray into the other nostril and start to breathe slowly through your nose. Whilst you are still breathing in, squirt one spray into the nostril keeping the bottle upright.
- Remove the spray from the nostril and breathe out through your mouth.
- Tilt head backwards to allow the spray to drain into the back of the nose.
- Repeat for the other nostril.