

Living with Allergies and a Cat

Bringing a cat into your home is incredibly rewarding—but if you or someone in your household has allergies, it can come with some challenges. The good news is that many people with mild to moderate allergies successfully live with cats by making a few simple adjustments.

Living with cat allergies doesn't have to mean giving up on having a cat. With preparation, consistency, and the right expectations, many people find a balance that works beautifully.



Special Cat Food

Consider a special formula cat food, such as Purina One LiveClear that is specifically designed to lessen pet dander and alleviate your allergies.

Grooming Your Cat

Use an allergy reducing shampoo (dry or traditional)

Brush your cat regularly - ideally by someone without allergies

Wash your hands after petting/grooming and avoid touching your face



Preparing Your Home

Use HEPA air purifiers and a vacuum cleaner with a HEPA filter. You can also get a HEPA Filter for your HVAC system

Create a cat-free zone (we recommend a bedroom) so you can have a break as needed

Speak to Your Doctor

Many times, allergies can be controlled by over-the-counter antihistamines, but if that doesn't work for you, reach out to your doctor about prescription medications or allergy shots.