

## Mayo Clinic Minute

### Why allergies shouldn't prevent kids from having pets

Video	Audio
	Almost three-quarters of American homes have at least one pet in them.
	But our four-legged family members can make life tough for kids who are allergic to pets.
00:00:21 Anupama Ravi, M.D. Pediatric Allergy and Immunology Mayo Clinic	“It depends on that individual’s genetic predisposition. So if the child has significant eczema, they might slightly be at increased risk of developing a pet allergy.”
	Dr. Anupama Ravi says most of those pet allergy symptoms can be treated with over-the-counter antihistamines or in more severe cases prescription antihistamines.
	But, in extreme cases, kids might need to get allergy shots.
00:01:57 DR. RAVI 03:	“It’s showing the immune system a small amount of the allergen and slowly desensitizing it.”
	Dr. Ravi says it’s also helpful to use HEPA air filters if you have a cat and to vacuum your home regularly.
	She says the physical and emotional benefits pets can offer children far outweigh the problems allergies might cause.
00:02:41 DR. RAVI 03:	“They’re family members. So I never counsel anybody to get rid of their pet.”
	For the Mayo Clinic News Network, I’m Ian Roth.