

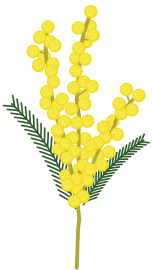
# VBSPCA

## ALLERGIES IN PETS CAUSES & TREATMENT OPTIONS

There are three main causes of allergies in pets: fleas, environmental allergies, and food allergies. The most common symptoms of allergies include itchy skin, coughing or sneezing, discharge from the nose and/or eyes, and vomiting and/or diarrhea. As always, see your veterinarian if you notice your pet has those symptoms.



**Flea Allergies.** Animals who are allergic to flea bites can have a severe reaction to just a single bite. Your pets may chew or scratch incessantly, usually losing large amounts of hair in the process. The irritation on the skin can also lead to a bacterial infection. Your veterinarian can prescribe a steroid or antihistamine, and if necessary, an antibiotic. Prevent flea bites by apply monthly flea treatments to your cat or dog.



**Environmental Allergies.** Dogs and cats can react to environmental allergens such as tree pollens, grasses, molds, and dust mites. Pets often have severely itchy skin causing them to lick, chew, and even rub up against things to try to alleviate the itching. Bathing your pet can reduce their discomfort and wash off the offending allergen(s). Your veterinarian can also prescribe medication to combat their symptoms.



**Food Allergies.** If your pet has a food allergy, chances are they are allergic to the protein used in the food, not the grains. Symptoms of a food allergy include gastrointestinal issues and itchy skin. If your veterinarian suspects your pet has a food allergy, the only way to know for sure is a food elimination trial. If a food allergy is confirmed, your veterinarian can help develop a feeding plan for your pet.



**Other Allergens.** Pets can also have allergic reactions to insect bites, medications, vaccinations, and other substances. Other signs that your dog or cat is having an allergic reaction include swelling or redness, lethargy, and difficulty breathing.

Whether your pet is experiencing a dangerous reaction or seasonal allergies, seek help from your veterinarian. For additional support visit [vbspca.com/pet-care-resources](https://vbspca.com/pet-care-resources).