

Allergy Management Checklist

Daily Pet Care Hub

Home environment

Done	Item
☐	Vacuum carpets & upholstery (HEPA) twice weekly
☐	Wash pet bedding weekly in hot water
☐	Run HEPA air purifier in main rooms
☐	Keep bedroom pet-free (if allergies are severe)
☐	Dust with damp cloth weekly

Pet care routine

Done	Item
☐	Brush pet outdoors or in ventilated area
☐	Wipe coat with damp cloth or pet wipes between baths
☐	Bathe per vet/groomer guidance
☐	Wash hands after handling pets
☐	Clean litter box daily (low-dust litter)

Health & planning

Done	Item
☐	Discuss symptoms with your doctor/allergist
☐	Ask vet about pet skin/coat health
☐	Consider allergen-reducing pet food (vet-guided)
☐	Review low-shedding breed info before adopting

Daily Pet Care Hub — free printable. General information only; not a substitute for veterinary advice.