



THE KENNEL CLUB
Making a difference for dogs

Information Guide

Asthma and your dog



www.thekennelclub.org.uk

Asthma and your dog

How do dogs and other animals trigger asthma symptoms?

A trigger is anything that irritates the airways and causes the symptoms of asthma to appear. Common triggers include colds or flu, cigarette smoke, exercise and allergies to things like pollen, house-dust mites or furry or feathered animals. Everyone's asthma is different and people with asthma may have several triggers.

Allergens, which trigger asthma symptoms are found in the saliva, flakes of skin (dander), fur and urine of furry and feathered animals.

Should you get a dog (or any animal) when you are expecting a child?

No. You shouldn't get a dog now as you won't know until your child is born if they will have asthma and if your dog will trigger the symptoms.

Also, a dog is a massive commitment and you need to be certain that you can care for him or her, for their whole life. It would be extremely upsetting for everyone, especially your dog, if you had to rehome him to safeguard your child's health.

Wait until your child is a toddler and follow the advice on the next 5 pages.

Should you get a dog (or any pet) when you have asthma, but dogs aren't a trigger?

There is a chance that a particular dog could trigger asthma symptoms, even if you have been in contact with many dogs before. So, spend some time with the dog you hope to own, before you bring him home, to make sure you aren't allergic to him. Even then, some people will find that over time they develop a sensitivity to their pet. In other words dogs may over time become a trigger for you, even if at first they do not appear to cause problems.

Should you get a dog (or any feathered or furry pet) when they trigger your asthma?

No. By identifying and then avoiding the triggers that make your asthma symptoms worse, you can reduce unnecessary symptoms and become more in control of your asthma. A dog is a big commitment and you need to be certain that





you can care for him or her, for his or her whole life. It would be extremely upsetting for everyone, especially your dog, if you had to rehome him because you were unable to manage your asthma.

If dogs trigger your child's asthma, make sure teachers and carers know to keep him or her away from dogs.

Similarly, if dogs trigger your asthma, make sure your employers are aware and do not allow dogs in your work place.

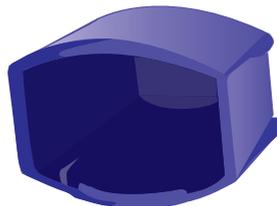
I have a dog who is triggering my asthma symptoms, is there anything I can do?

First of all, speak to your doctor about how you are managing your asthma.

If they do not think you can manage your asthma whilst living with a dog, they will advise you to rehome him or her – please see below for advice on this.

If they think you may be able to manage your asthma whilst living with a dog, you can try the following:

1. Keep your dog out of the bedroom and lounge, or the rooms where you spend the most time.
2. Bath your dog twice a week. Different breeds need to be washed differently - for advice on the correct way to wash your dog, you can:
 - ask your vet,
 - ask your local breed club (to find your nearest club, visit our website www.thekennelclub.org.uk or call us on **0844 4633 980**),
 - ask your local dog groomer (to find your nearest groomer, call the Groomers Association on 01234 273933).



My doctor has advised me to rehome my dog. How can I make sure he or she is happy in the new home?

Rehoming is often extremely stressful, for both dog and owner. The Kennel Club would be happy to advise you at this difficult time, please visit our website www.thekennelclub.org.uk or call **0844 4633 980** to find out about the options open to you.

Before you decide how to re-home your dog, please read the following warnings:

- In a private sale, you have no rights after the dog is gone. If you find out that the new owner lied about their circumstances, or even that they have sold the dog on, there isn't anything you can do.
- If you rehome your dog badly, or you have lied about its problems, it will come back very quickly.
- Think about what you will charge for the dog and whether you are also selling any registration papers with it. A lot of current puppy farm breeding dogs were bought privately from pet homes. You wouldn't want that to happen to your dog. There is also a huge current market for dogs being sold abroad for fighting, fur farming and puppy farming.

You should always talk to the breeder about re-homing your dog as they may have a suitable home waiting.

For advice on asthma, please visit www.asthma.org.uk or call the Asthma UK Adviceline on 08457 010203. 9am - 5pm, Monday-Friday calls charged at local rates.

For advice on asthma, please visit
www.asthma.org.uk or call the
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0800 1121 6244. 9am - 5pm,
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local rates.

This leaflet has been written in
association with Asthma UK.



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THE KENNEL CLUB

Making a difference for dogs

The Kennel Club works to protect and promote the health and welfare of all dogs in the UK. We want happy, healthy dogs living long lives with responsible owners. All profits from the organisation go straight into funding the many programmes run in the best interest of dogs and dog owners and to support the Kennel Club Charitable Trust to re-invest into a wide variety of welfare and health programmes.

Anyone can register their dog with the Kennel Club. By registering you will demonstrate your commitment to your dog's well-being and to the health and welfare of all dogs. You can register online today at

www.thekennelclub.org.uk/dogregistration.

What ever your dog's needs, the Kennel Club is here to help and support you.

Find out more by contacting us on **0844 4633 980**, or visit our website at **www.thekennelclub.org.uk** to find out more about the wonderful world of dogs.

Additional guides on a wide range of subjects are also available to download from our website at www.thekennelclub.org.uk:

- Breeding from your bitch
- Choosing and bringing home the right dog for you
- DNA profiling and parentage analysis services
- Do you know dog law?
- Do you know how to look after your dog in its senior years?
- Find a rescue dog
- Health screening and the Kennel Club
- How to breed dogs using artificial insemination
- How to get involved in fun activities and competitions with your dog
- How to get started with dog training
- How to register your dog with the Kennel Club
- Kennel Club endorsements
- Moving house with your dog
- Pet Insurance Guide for dog owners
- Road travel with your dog
- So you are thinking of working with dogs?
- Thinking of showing your dog in the UK?
- Thinking of using your dog as a stud?
- Travelling abroad with your dog
- Why I should Microchip my pet?