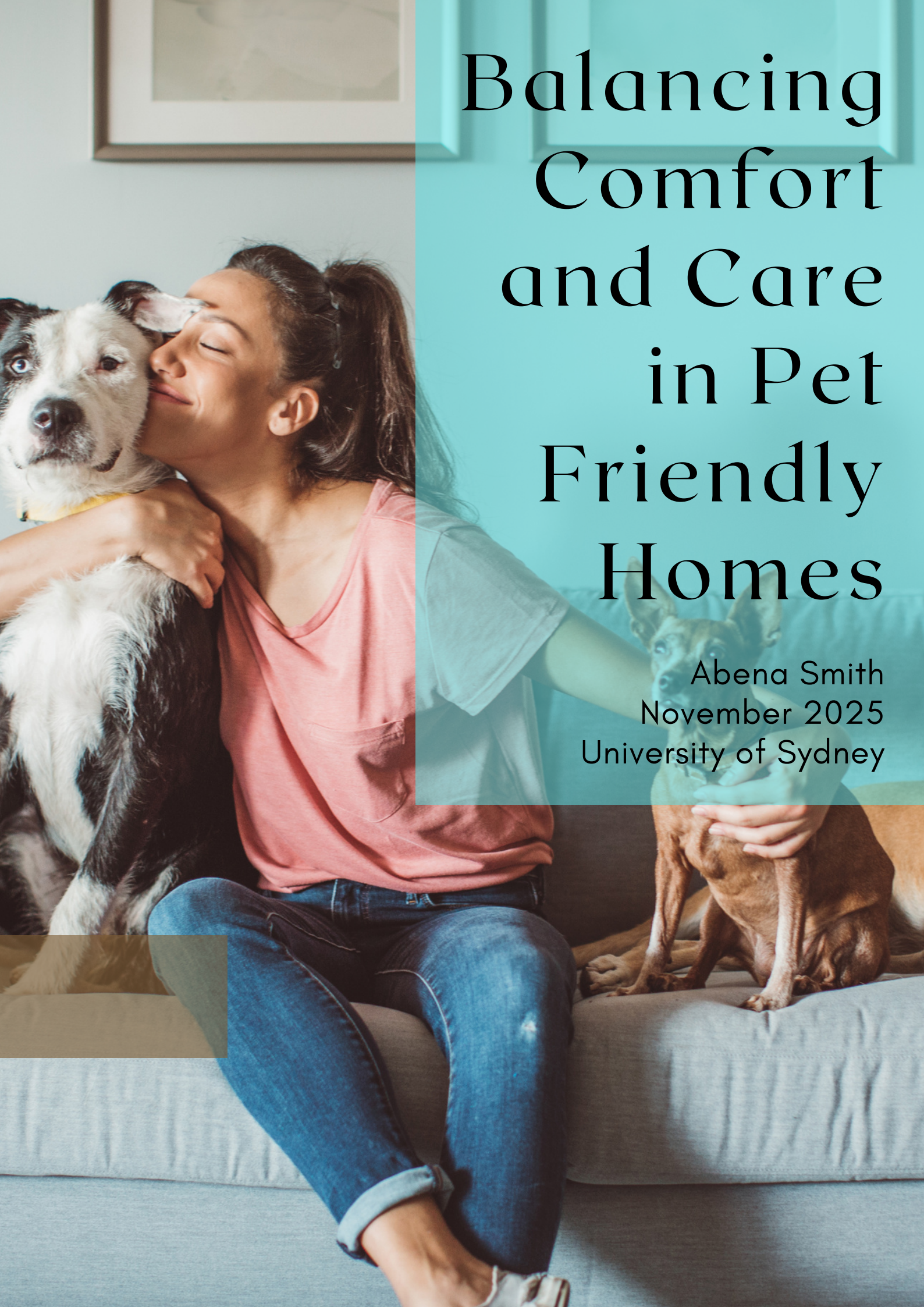




Balancing Comfort and Care in Pet Friendly Homes

Abena Smith
November 2025
University of Sydney

Abstract

Creating a home that supports both comfort and responsible pet care requires thoughtful attention to health, environment, and daily habits. This guide explores how indoor air quality, pet related allergens, and overall household wellbeing work together to shape a truly pet friendly living space. By drawing on insights from environmental reports, health experts, and practical lifestyle advice, the content explains the challenges that pet owners may face and provides realistic, easy to apply solutions. From understanding air quality issues to building cleaner routines and selecting effective home care tools, this guide offers practical knowledge for anyone seeking to create a balanced and comfortable home that welcomes pets while supporting human health.



Getting Started

Before improving your pet friendly home, it helps to understand the connection between indoor environment, pet behaviour, and the overall comfort of your household. Start by observing how your home currently functions with pets. Notice where fur tends to collect, where dust builds up, and how often you need to refresh the air or clean shared spaces. Consider the habits of your pets, such as where they rest, play, or spend most of their time indoors.

Next, think about the needs of the people living in your home, especially anyone who experiences allergies or sensitivities. A comfortable home is one that feels safe and enjoyable for every member of the family, including pets. As you move through this guide, you will learn how air quality, cleaning routines, and the right equipment work together to create a healthier living environment.

This section prepares you to approach the rest of the guide with clarity and purpose so that each step you take contributes to a more harmonious and comforting home for both pets and people.

Indoor air quality



Australians spend most of our time indoors. The air quality within these spaces affects our health. Learn about how you can improve indoor air quality.

Indoor air quality is affected by many things, including:

- outside air pollution coming inside, such as emissions from vehicles and industry and smoke from bushfires and wood heaters
- particulate matter from sources in the home, such as wood heaters
- volatile organic compounds, such as formaldehyde, emitted from building materials and furnishings
- microorganisms like viruses, bacteria and fungi (including moulds) which can be transmitted through the air
- gases like carbon dioxide, carbon monoxide and nitrogen dioxide from sources such as gas heaters, cooktops and stoves
- tobacco smoke and vape aerosols
- dust, dust mites and pollen
- asbestos

- lead
- pollutants from domestic pets, such as pet dander.

Indoor air can have much higher concentrations of some pollutants and different health risks than outdoor air.

Health impacts of poor indoor air quality



Health impacts from air pollution in indoor environments include:

- carbon monoxide poisoning from using wood or gas heaters without enough ventilation
- transmission of infectious diseases like influenza, RSV and COVID-19 by airborne viruses
- respiratory and cardiovascular impacts from particulate matter
- asthma from dust mite allergens.

High levels of carbon dioxide and particulate matter pollution can affect educational results in school classrooms and reduce workplace productivity.

Ways to improve indoor air quality



There are simple ways to improve indoor air quality and reduce health problems. You can:

- not smoke or vape
- increase outside air flow by opening windows (if the outside air is clean)
- wear a P2 or N95 respirator mask to reduce the spread of airborne viruses
- use high efficiency particulate air (HEPA) filters suitable for the size of the indoor space
- when cooking, use a high-efficiency exhaust fan vented outside to remove emissions and cooking odours
- use an exhaust fan to remove steam and moist air
- keep exhaust fans clean from dirt and grease
- avoid generating moisture indoors (for example, using a clothes dryer without sufficient ventilation) or having damp surfaces that encourage microbiological growth
- manage moisture in buildings, in both the internal environment and in the fabric of the building itself
- use a door mat to help keep outdoor dust out
- remove indoor dust regularly, and clean air conditioner filters regularly
- ensure any mechanical ventilation systems are well-maintained, and have a high-grade filter, to bring clean outside air indoors
- where possible, choose an alternative method than a wood heater to heat your home

- avoid cleaning products, air fresheners, scents and sprays, cosmetics, glues, paint, varnishes, carpet and fibreboard with high volatile organic compound content
- avoid running a vehicle engine in a garage attached to a dwelling
- avoid using charcoal bead cookers, barbecues, camping stoves or outdoor heaters indoors
- keep your pets and their bedding clean.

Make sure you have sufficient ventilation, even when sealing draughts to save money on heating and cooling costs.

What to do if the outside air is polluted



Keep inside air as clean as possible from outdoor air pollutants such as smoke, vehicle fumes and industrial pollution. You can:

- close windows and doors during short episodes of outside air pollution and open them when air quality improves
- use a reverse cycle air conditioner or set other types of air conditioners to recirculate indoor air during short episodes of outside air pollution
- avoid using evaporative coolers during short episodes of outside air pollution, as they bring outside air inside

- during lengthy periods of outside air pollution, air out indoor spaces when the outside air quality improves even temporarily
- use a suitable HEPA filter to reduce airborne viruses and some other indoor air pollutants
- wear a P2 or N95 respirator mask.

If you or anyone in your care has trouble breathing, chest pain or discomfort call 000 for an ambulance.

People who are sensitive to smoke should actively monitor symptoms and follow their health management plan recommended by their doctor.

Pets and allergies



Pet allergens are a common cause of asthma and allergy triggers.

Cats, dogs, guinea pigs, rabbits, horses, mice and rats can all trigger asthma and allergies in some people.

However, avoiding pet allergens can be difficult if the source is a much-loved furry family member.



Symptoms that can be triggered by pet allergens

Asthma symptoms:

- cough
- wheeze
- shortness of breath
- chest tightness.

Allergy symptoms:

- itchy, watery eyes
- sneezing
- runny nose
- skin irritation.



It's not only a pet's fur that can trigger allergies, it can be their skin cells or saliva. Any pet with fur or feathers can trigger symptoms. Allergens can stick to the hair and skin of pets and become airborne when the pet sheds their hair. The allergens can remain airborne for some time. Cats and dogs are a common source of pet allergens in the home environment. The allergens can come from the sweat glands in cats and salivary glands in dogs.

All dogs and cats have dander and secretions so all breeds/types can potentially cause allergies. However, some animals may pose less of a risk than others because:

- some breeds produce less allergen or shed less hair, which can reduce the spread of allergens
- smaller dogs generally produce less allergen than larger dogs, simply because they typically produce less saliva and have less skin
- short haired cats may pose less risk compared to long haired one.



What you can do

The most effective way to reduce your exposure to pet allergens is to avoid those animals. While this can sometimes be a challenge, there are steps you can take to reduce how many allergens you come into contact with.

Tips for living with your family pet



- Always wash your hands after touching your pet.
- If appropriate, keep your pet outside, making sure they have a safe and sheltered environment with access to food and water.
- Avoid letting your pet into the bedroom.
- Wash clothes, bed linens and other laundry in hot water (above 60°C) to eliminate pet allergens.
- After resettling your pet outside, clean the house thoroughly to remove sticky allergens left behind.
- Vacuum carpets and upholstery regularly.
- Use an air purifier to help filter out pet allergens from the air.
- If you travel with your pet in the car, use washable seat covers or use a pet carrier.
- Ask someone else to groom your pet.

- Do not wash your pet more than your vet recommends.

Tips for visiting friends or relatives with pets

- Ask your friend to keep their pets safely outside or in another room while you are there.
- Remember to take your allergy medicine before visiting.
- Bring your asthma or allergy action plan and medications with you.
- Always wash your hands after touching their pet.
- Avoid touching your face before washing your hands.
- Wash your clothing in hot water (above 60°C) to remove allergens after your visit.



Important reminder

Ensure you regularly see your GP and keep your asthma and allergy action plans up to date. Consult your GP about a referral for allergy testing if you think you have an allergy.

If symptoms persist

If allergic symptoms persist even after taking these steps, consider gradually increasing the time the pet is kept outside, making sure they have a secure area with a safe, sheltered space.

The RSPCA can provide advice on appropriate environments for outdoor pets. It may still take some months before allergen levels are reduced.

Unfortunately in some cases where symptoms persist, you may consider moving your pet permanently outdoors or re-homing the pet to another family. If you feel that you need to make this decision, please contact your local RSPCA for more advice.

Disclaimer

It is important to note that information contained in this fact sheet is not intended to replace professional medical advice. Any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner.

Breathe easy: tips for navigating poor air quality

Here's what you need to know to safeguard yourself, your family, and your pets when air quality gets low.



Fires aren't just a regional occurrence – remember the severe Surry Hills building fire in 2023? Or the Black Summer bushfires?

Often smoke from preventative backburning measures and particle pollution from dust storms can travel quite far. The NSW Environment Protection Authority (EPA) advises that bushfire smoke as far away as Queensland, northern NSW and Victoria can impact air quality in Sydney.

“Generally, the most common causes of poor air quality in the City of Sydney are smoke from bushfires and hazard reduction burns as well as dust, often from local sources on windy days,” an EPA spokesperson said.

“With hot and dry summer weather comes increased risk of fine particle pollution from bushfires and dust storms, as well as ground-level pollution from the gas ozone.”

Poor air quality can affect everyone, especially people those with heart and lung conditions, older people, babies and young children.

“While the air quality in NSW is typically good by global standards, the 2019/20 Black Summer bushfires served as a reminder to communities that they should not take air quality for granted.”

It’s important that people know where to go to find the current air quality category for their region and any related health advice. On days when temperatures swelter beyond comfortable and fire risks are high, it can be handy to plan for what you can do if air quality becomes low.



How to plan for poor air quality

Check the air quality:

Use the NSW Government’s air quality index website; it’s like a weather forecast for air. It includes information on the air quality category from good to extremely poor, as well as health advice.

Sign up for daily SMS or email updates:

You can also subscribe to daily SMS or email updates with air quality ratings and forecasts for selected locations.

Make a plan with your doctor if required:

If you're part of a sensitive group, chat to your doctor to create a plan before bad air quality hits.

Sensitive groups include those with a heart or lung condition, asthma, anyone over the age of 65, those who are pregnant or have diabetes. Follow your doctor's advice about medicines and managing any health conditions and of course, contact your doctor if symptoms worsen.

See NSW Health for more information on knowing if you're at high risk from bushfire smoke.

What to do when air quality is low



- Monitor air quality, your own health and follow NSW health messages.
- Avoid strenuous outdoor activity.
- Spend time in places with air-conditioning like cinemas, libraries, community centres and shopping centres.
- Spend more time indoors. Shut doors and windows to help keep smoke out. Open doors and windows when the smoke clears.
- Avoiding spending time around sources of indoor air pollution such as cigarettes, candles and incense.

See NSW Health for more advice about protecting yourself from bushfire smoke.

Think of your pets



If you can smell or feel the effects of smoke, it's highly likely your pets can too.

Here are some quick tips from RSPCA NSW to keep your pets safe when the air is smoky:

- Keep them inside as much as possible with your windows shut.
- Ensure plenty of fresh water is always available.
- Avoid intense outdoor activities, like long walks.
- Have a plan in place for your pets in the event of immediate danger.

For help in an emergency

For emergency assistance in fires and bushfires call the NSW State Emergency Service (SES) on 132 500. If the situation is life threatening, immediately call triple zero (000).

If you need health or mental health support, there are services that can help. You can speak with your doctor to be connected to a service or contact:

- 24-hour HealthDirect helpline: 1800 022 222
- Lifeline: 13 11 14)
- 13 Yarn (13 92 76) for Aboriginal and Torres Strait Islander peoples

Keeping healthy and safe with pets and other animals



If an animal bites you and the wound is on your face or head, is large or deep, or you can't stop the bleeding, call triple zero (000) and ask for an ambulance.

What pet is more suitable if I have asthma or allergies, or I am immunocompromised?

Some pets may be more suitable if you have allergies or asthma, as certain animals such as cats and dogs can trigger allergic reactions. Animal allergens (substances that can bring on an allergic reaction) are found in:

- fur
- dander (flakes of skin)
- saliva
- urine
- faeces (poo)

Allergen levels can vary between individual animals, even those labelled as hypoallergenic. If you're considering getting a cat or dog, it can help to spend time around the animal first to see if you react.

If you have a health condition that means your immune system is weak, avoid reptiles, birds and rodents. They can carry harmful germs such as salmonella that can make you sick.

How can I minimise allergens from pets if I have asthma or allergies?



Here are some tips to reduce pet allergens in your home:

- Keep pets away from bedrooms and soft furniture.
- Clean your home often, especially carpets and couches.
- Use air purifiers or special filters such as high-efficiency particulate air (HEPA) filters.
- Give pets regular baths and brush them to remove extra hair and dander.
- Wash your hands after touching your pet.

What illnesses can I get from my pet?

Pets can spread germs that make people sick. Illnesses can include the following:

- Ringworm: a skin fungus causing itchy, round rashes.
- Roundworm: a parasite that can cause stomach pain and other serious health issues.
- Cat scratch disease: bacteria from a cat scratch can cause swollen glands and fever.
- Hydatid disease: a serious illness from tapeworm eggs that grow inside your body.

Some people are at a higher risk of getting ill from pets and animals, including:

- young children and babies

- pregnant women
- immunocompromised people
- older people

If you are immunocompromised or older than 65 years, protect yourself from getting sick by:

- avoiding direct contact with animals and their bedding and enclosures
- avoiding high-risk animals, such as reptiles, amphibians, poultry, chicks, sick animals, and young cattle, sheep and goats
- washing your hands with soap and water after being around animals

How do I minimise getting illnesses from my pet?



Follow these tips to avoid getting sick from your pet:

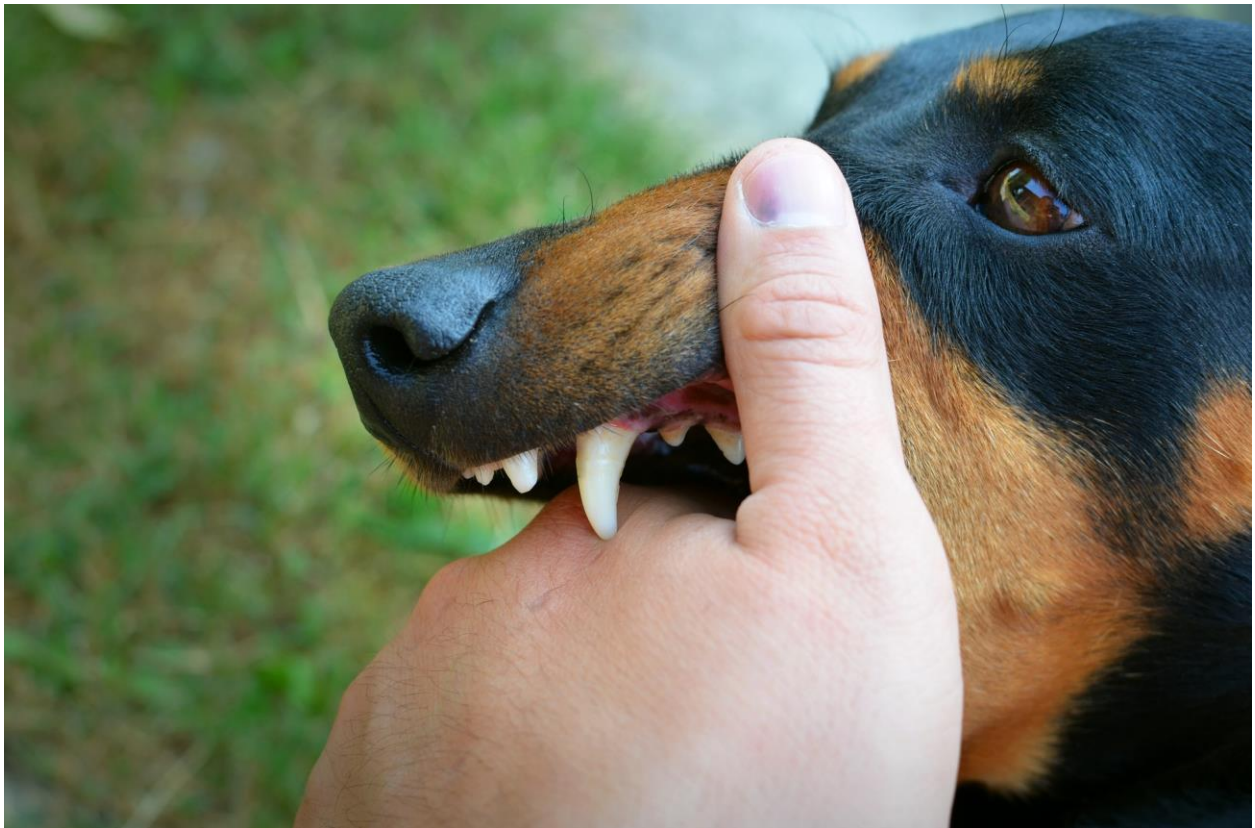
- Don't kiss your pet or allow your pet to lick your face.
- Don't pet animals if you have an open wound or cut.
- Always wash your hands after touching your pet, their food, or cleaning their waste.
- Keep your pets healthy by visiting the vet and arranging vaccinations.
- Clean pet areas and safely throw away pet waste.

How do I keep children safe from pets?

Tips to keep children safe around pets:

- Teach your children to handle pets gently and avoid rough play with animals.
- Teach your children to wash their hands after playing or caring for pets.
- Always watch young children closely around pets.
- Help children understand signs that an animal is unhappy or scared, to avoid bites or scratches.

What should I do if I have been bitten or scratched by an animal?



If an animal bites or scratches you, here's how to care for the wound:

- Wash the wound gently with soap and running water for about 5 minutes.
- Pat dry with a clean cloth.
- Cover the wound with a clean dressing.
- If your wound is bleeding a lot, apply pressure to the wound.

You can take care of some animal bites yourself at home, but get medical help quickly if the:

- wound is deep or there are signs of infection
- skin is broken — you may need a tetanus vaccine or antibiotics
- wound is on your hand, face, feet or genitals

- bite is from a stray animal, bat or wildlife, as there is a higher chance of infection or rabies

If you're travelling overseas, talk with your doctor about having the rabies vaccination.

Australian bat lyssavirus is present in Australian bats and can spread by a bat bite or scratch. You may need rabies or lyssavirus treatment after some bites.

If a bat scratches or bites you, seek medical attention right away because of the risk of rabies.

If an animal bites you and breaks the skin, see a doctor right away to prevent tetanus.

What hygiene practices should I follow when visiting petting zoos and farms?

When visiting petting zoos and farms, it is important to follow these good hygiene practices:

- Do not eat or drink in animal enclosures.
- Do not take bottles, baby bottles or spill proof cups into enclosures.
- Avoid kissing or being licked by animals.
- Do not touch animal poo.

Wash your hands with soap and water after touching animals or their surroundings, even if you don't touch the animals directly.

Help children wash their hands properly.

Resources and support

- NSW Health has information on staying safe with pets and animals and how to be careful around wildlife.
- We Are Family has guides for child and pet relationships, including safety tips for children and animals, preparing for your baby's arrival and information on how animal illnesses spread.
- SA Health provides further information on animal bites and scratches.
- The Royal Children's Hospital has a fact sheet on first-aid treatment for all wounds.

Aboriginal and/or Torres Strait Islander peoples

Animal Management in Rural and Remote Indigenous Communities (AMRRIC) has information on staying safe around dogs when working in rural and remote Indigenous communities.

You can call the healthdirect helpline on 1800 022 222 (known as NURSE-ON-CALL in Victoria). A registered nurse is available 24 hours a day, 7 days a week.

Best Vacuum Cleaners For Pet Hair And Allergies In 2025



When you have the best vacuum cleaner in your caddy, creating a tidy, breathable and hygienic home environment with pets becomes easier. With hundreds of options available, choose a pet vacuum particularly designed to handle excessive shedding, scattered litter, food bits, while trapping everyday messes, embedded heavy soil and dust particles. The suction power penetrates deeper into the fabric to eliminate grime and dander without causing dullness or damage.

However, there are many more advanced features to consider when investing in the best vacuum cleaner. These include HEPA filtration, specialised pet hair attachment, easy maintenance, brush rolls and spacious filter bag. So, today, we bring you the list of the best vacuum cleaners for pet hair and allergies in 2025. Whether buying a cordless, upright or robotic vacuum, pet owners can easily streamline their house cleaning routine like a breeze. It also becomes easy to carry out time consuming dusting chores at the end of lease cleaning Sydney session to secure full bond money.

Let's Get Started!

1. Shark Stratos Cordless Vacuum



Comes with washable HEPA + Form and Felt Filters, the Shark Stratos Cordless Vacuum is one of the best cleaning tools for tackling pet hair and allergies. It has an exceptional anti hair wrap plus technology to remove pet hair, dirt buildup and grime from both carpets and hard surfaces.

The vacuum offers powerful suction with three cleaning modes (eco, boost and CleanSense IQ), versatile attachments, and easy handling to trap 99.9 per cent of allergens from surfaces. The Stratos incorporates a dual brushroll to prevent large debris from spitting out. Its odour-neutraliser technology can help protect your machine from lingering odours after a deep vacuuming session. If you have pets at home, go for this cordless and super versatile vacuum cleaner. You can easily find it on Amazon or at your local retailer.

2. BISSELL CleanView Swivel Rewind Pet Vacuum Cleaner

Are you looking for the best pet vacuum for your home in Sydney? Invest in the Clean View Swivel Rewind by BISSELL. It is equipped with advanced features, including Scatter-Free Technology and a Triple Action Brush Roll, to tackle all types of pet dander from both delicate and hard surfaces. It is a bagless upright gadget, offering a long power cord to reach behind furniture and other crannies with precision. The Automatic Cord Rewind feature and a spacious dirt tank can help busy individuals carry out house cleaning chores efficiently.

Professional end of lease cleaning Sydney experts usually come equipped with an advanced vacuum machine like this due to multiple attachment tools, powerful suction and easy maneuvering.

3. LEVOIT LVAC-200



It is a lightweight, powerful and flexible vacuum machine for everyday use. You can deep clean your floors, carpets, upholstery and blinds in no time. Its compact design and low-maintenance upkeep make it perfect for busy individuals, first time buyers and college students. It can help you remove embedded dirt, food particles, heavy soil and other allergens, promoting a healthy indoor environment for allergy sufferers. It comes with 2-in-1 pet tool to trap pet dander effectively without causing any damage to the surface. The large dustbin can be emptied in just a click, saving you time and energy.

4. Shark Rotator Vacuum With DuoClean

This is another model from Shark, promising intense dusting in no time. It is great for capturing pet hair, dust mites, food debris and other allergies from carpets, rugs and hard floors. It comes with advanced features, including:

- DuoClean Technology: The brush rolls clean carpets and hard floors with the stress of switching heads.
- Anti Hair Wrap: It can remove hair from the brush-roll, preventing tangles.

- **Powered Lift-Away:** Transform the machine into a portable gadget for stairs, blinds, ceilings and under heavy furniture.
- **LED Headlights** can illuminate hidden debris and pet hair under the furniture.
- **Anti-Allergen Complete Seal:** To fetch 99.9 per cent dust and allergies, perfect for allergy sufferers.

5. iRobot Roomba j7+

Looking for the best robotic vacuum in 2025? The iRobot Roomba j7+ stands out as one of the best vacuum cleaners for pet owners and allergy sufferers. It comes with advanced obstacle detection technology to avoid pet waste, while dual rubber brushes clean pet hair and other debris with ease. The HEPA filter can trap 99.9 per cent of allergens, and the self-emptying dustbin allows for up to 20 days hands free cleaning. You don't need to stay at home for cleaning, as it is compatible with Alexa and Google Assistant for smart home integration. Whether you're preparing your home for guests or doing a deep carpet clean, this new age gadget can do wonders in achieving spotless results.

6. Dyson Ball Animal 3's Powerful Vacuum



Equipped with stiff bristles, an advanced whole-machine filtration system and Radical Root Cyclone technology, the Dyson Ball Animal 3 Upright vacuum is the best tool for homes with pets and allergy sufferers in 2025. It can fetch pet hair and dust particles embedded deep inside your thick carpets and rugs in no time. The consistent and robust suction power leaves no sign

of microns on the surface. It also works well on hard surfaces, capturing both large pieces and fine particles. With Ball technology, you can easily handle the machine around obstacles and furniture.

However, if you want detailed end of lease cleaning Sydney, book the most experienced company offering bond guarantee and free re clean service in case of missed spots. Seasoned cleaners usually come equipped with the latest tools and eco friendly products to deliver exceptional results.

Wrapping up

These are the six most powerful, advanced and feature-rich vacuum cleaners in 2025. From pet hair to scattered grime and tiny dust particles, these can capture all to promote a healthy indoor environment and a clean house. It is good to do proper research, navigate essential features and prices before making the final buying decision.

How Often Should You Vacuum?

Once a week may not be enough for some high-traffic areas.



Here's the thing about keeping a clean home: The work never really ends. While it can seem daunting that you have to keep doing the same cleaning tasks over and over again, there are

some major benefits to sticking to a consistent cleaning schedule. That's especially true with vacuuming. The more often you vacuum, the less effort you'll have to put in each time to go over the same spots again and again. Plus, vacuuming can greatly improve the overall hygiene of your home, removing lingering dirt, dust, and pollen that can especially cause issues for those with asthma and allergies.

But, just how often should you vacuum? Like many home cleaning rules, the answer depends on a few different factors. So, here's a general guide on how often to vacuum different areas of your home.

How Often to Vacuum Your Entryway

Entryways might be one of the most important places to vacuum frequently. Since they're high-traffic areas and they're the first spot you enter from the outside—tracking in dirt, dust, and debris—these areas need extra attention. Ideally, you should try to vacuum your entryway two to three times weekly.

How Often to Vacuum Your Living Room

Living rooms are also high-traffic areas in the home that get a lot of wear and tear. If you have a large household, especially with small children or pets running around, your living room is probably one of the most frequented spots in your home. Living rooms should also be vacuumed at least twice a week. It's also a good idea to vacuum kitchens at the same frequency, along with any other mopping or spot treating you have to deal with food spills.

How Often to Vacuum Your Bedroom



Bedrooms, while they're used daily, and serve a highly important role, typically don't quite get as much traffic from everyone in your household and every visitor that comes by. So, it's okay to vacuum these rooms a bit less frequently, about once a week. However, it's worth noting that you may want to increase this frequency based on other factors beside the amount of traffic the room gets.

For example, if you have allergies or asthma, vacuuming more frequently can help get rid of potential irritants and ease your symptoms. In the same vain, if you sleep with a pet on the bed, you'll also want to wash your bedding more often.

How Often Should You Vacuum Carpet vs. Other Flooring

Another factor that can impact how often you should be vacuuming is the type of floors you have. In general carpeted floors will need vacuuming more often, since the fibers can trap in dust, dirt, and pollen more easily. Hardwood floors, vinyl flooring, or laminate flooring won't need quite as much attention. However, if you live in an older home and your flooring has a lot of cracks and crevices that can more easily collect dirt, you may want to consider vacuuming more often.

Conclusion

Creating a home that feels welcoming to pets while protecting the comfort and wellbeing of the people who live there is a continuous process of awareness and thoughtful choices. Throughout this guide, you have seen how indoor air quality, daily routines, and simple adjustments can significantly improve life in a pet friendly environment. By understanding how pet dander, dust, and other indoor elements influence the quality of your living space, you can make decisions that support both health and harmony.

A comfortable home is built on consistency. Regular routines, mindful care of pets, and the use of effective tools help reduce allergens and create a space where everyone can breathe easier and relax more fully. Pets bring companionship, joy, and emotional comfort, and with the right strategies, their presence can enhance your home without creating unnecessary challenges.

As you apply the ideas in this guide, you are taking important steps toward a cleaner, healthier, and more balanced living environment. With continued attention and small daily actions, you can enjoy all the rewards of a pet inclusive home while maintaining a comfortable and supportive space for every member of your household.

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