



Seasonal Allergies Home Care

What are the symptoms of Seasonal allergies?

- Red, itchy, watery eyes
- Itchy ear canals or throat
- Sneezing
- Runny Nose
- Postnasal drip
- Nasal Congestion
- Eczema rash flareups

Common Allergens

- DUST
- ANIMAL DANDER
- POLLEN
- CLOTHING & TOYS STUFFED WITH ANIMAL HAIR
- LATEX
- BLEACH & CLEANING PRODUCTS
- CERTAIN FOODS

CONTROLLING ALLERGY SYMPTOMS

- Padded furnishings such as mattress, pillow and cushion allergen-proof covers should be used
- Wash linens weekly and other bedding such as pillowcases every 2-3 weeks
- Pillows should be replaced every 2-3 years
- Molds are found more in the spring and late summer– children with mold allergies should avoid playing in dead leaves and dying vegetation
- It is helpful to use air conditioning to reduce the amount of pollen in homes and cars



RECOMMENDED TREATMENTS

- Daily nasal saline rinses during allergy season with suction for younger children
- Trial Children's antihistamine such as Zyrtec, Claritin or Allegra daily
- Flonase nasal spray 1-2 times per day as recommended by age group
- Wash hands and body of allergens after playing outside

