SEASONAL ALLERGIES

Seasonal allergies

-Occur at certain times of the year

-Caused by pollen or mold spores that grow during humid,

wet weather

Some people experience symptoms year round

-Insects, animals (dander), and mold spores

Symptoms of seasonal allergies

-Stuffy, runny nose

-Sneezing

-Itchy, red eyes

-Sore throat, itchy throat, itchy ears

Others problems

-Difficulty sleeping because of these symptoms

-Difficulty concentrating during the day

Diagnosis

-Seasonal allergies show up in kids after age two

-Your pediatrician will asks questions about the symptoms and perform an exam

Treatment

-ALWAYS CONSULT A PHYSICIAN

-Nose rinses (neti pot)

-Steroid nasal sprays

-Antihistamines

-Allergy shots

Information gathered from Up-to-Date

FOOD ALLERGIES

Food allergies

-The immune system responds as if a food is harmful to the

body

Most common allergens

-Milk, dairy -Peanuts

-Eggs -Tree nuts

-Wheat -Fish

-Soy -Shellfish

Mild symptoms

-Hives

-Red, swollen skin

-Itchy, watery, swollen eyes

-Runny nose or sneezing

Severe symptoms (anaphylaxis)

-Swelling of the throat or coughing

-Wheezing or difficulty breathing

-Vomiting or diarrhea

-Feeling dizzy or passing out

-Death

Diagnosis

-Blood test (looking for antibodies)

-Skin test/scratch test

Treatment

-Benadryl

-Epipens (if administered, call 911)

-Avoidance of the allergen

-Develop an action plan

-Have an emergency kit/plan

Helpful resource

-www.foodallergy.org