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