

NURSE'S NEWSLETTER

TODAY'S TOPIC

SEASONAL ALLERGIES

As the seasons change, many children experience the onset of seasonal allergies, also known as allergic rhinitis or "hay fever." Understanding these allergies and how to manage them can significantly improve your child's comfort and overall well-being during allergy seasons.

What Are Seasonal Allergies?

Seasonal allergies occur when the immune system overreacts to airborne allergens present during specific times of the year, such as pollen from trees, grasses, and weeds, or mold spores. This reaction leads to inflammation of the nasal passages, eyes, and sometimes the throat.

Common Symptoms

Children with seasonal allergies may exhibit one or more of the following symptoms:

- Stuffy or runny nose
- Sneezing
- Itchy eyes, nose, or throat
- Sore throat
- Cough
- Dark circles under the eyes



SEASONAL ALLERGIES

HOW TO MANAGE?

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Distinguishing Allergies from Colds

It's common to confuse seasonal allergies with colds due to overlapping symptoms. Consider the following to differentiate between the two:

- **Duration:** Colds typically resolve within 7-10 days, whereas allergy symptoms persist as long as the child is exposed to the allergen.
- **Fever:** Allergies do not cause fever; a fever may indicate a viral infection.
- **Seasonal Pattern:** Recurring symptoms during specific seasons are more indicative of allergies.

Management and Treatment

Effective management of seasonal allergies involves a combination of preventive measures and treatments:

- **Medication:** Antihistamines, nasal corticosteroids, and decongestants can alleviate symptoms. Consult your child's healthcare provider before starting any medication.
- **Environmental Control:** Limit outdoor activities during peak pollen times, keep windows closed, and use air conditioning to filter indoor air.
- **Personal Hygiene:** Encourage children to shower and change clothes after outdoor play to remove allergens.

Preparing for Allergy Season

Proactive steps can help minimize the impact of seasonal allergies:

- **Pre-Treatment:** Begin allergy medications, as advised by your child's doctor, before the allergy season starts to reduce symptom severity.
- **Stay Informed:** Monitor local pollen forecasts to anticipate high pollen days and adjust outdoor activities accordingly.

