

ALLERGY INVESTIGATION 1

Track down clues and identify your child's allergy triggers

For children with allergies, the change of seasons, playing outside, and even returning to school can trigger symptoms of sneezing, runny nose, and itchy watery eyes.

As a follow-up to your visit with the pediatrician, use the chart below to list the triggers that cause your child's allergy symptoms. Then you and your child can work together to come up with ideas on how to avoid each trigger. If you need help coming up with ideas about avoiding these triggers, see the suggestions on page 2.

Allergy triggers	Ways to avoid

Stay in touch

Your pediatrician and his or her office staff are good resources to work with concerning your child's allergies. Schedule regular appointments, and keep them up to date on any new symptoms or developments. Your child's doctor can also answer your questions. In addition, you should tell caregivers, teachers, and the school nurse about your child's allergies, so they can be alert to any problems or changes.



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ALLERGY INVESTIGATION 2

Ideas for avoiding your child's allergy triggers



If your child has mostly **OUTDOOR ALLERGIES** (possibly allergic to tree pollen, grass pollen, and weed pollen), try these tips:

- Keep windows in your house and car closed and use air conditioning (clean the filter regularly)
- Keep your child indoors during peak pollen hours—usually 10 am to 4 pm
- Limit the time your child spends outdoors on dry, windy days
- Change and wash your child's clothing after he or she spends time outdoors



If your child has mostly **INDOOR ALLERGIES** (possibly allergic to dust mites, mold, and pet dander), try these tips:

- Dust and vacuum frequently, especially in your child's bedroom, using a HEPA filter or a double bag
- Keep your child's pillows, mattress, and box spring in plastic or special allergen-proof fabric covers, and regularly wash bedding in hot water (130°F)
- Avoid stuffed toys and choose toys that can be washed instead. Store your child's toys in a closed chest
- Fix leaky faucets and pipes throughout the house to avoid mold
- Your child should avoid pets with fur or feathers; if that's not possible, limit the time your child spends with them, and keep animals out of his or her bedroom

Other strategies

In addition to allergy medicine, keep your home stocked with tissues, lip balm, and other items to keep your child comfortable.

Did you know?

If you have allergies, your child is more likely to have them too. However, a child's allergies can be triggered by allergens different from those that trigger his or her parents' allergies.



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