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**Does your child have seasonal allergies?**

If you suffer from seasonal allergies, it is possible that your child may as well. Do you notice an increase in sneezing and clear nasal discharge in your child particularly during the spring and fall months? Seasonal allergies, also known as allergic rhinitis or hay fever, are common among children as the seasons change. Pollen from different types of grass, trees, or weeds may trigger allergy symptoms depending on where you live and the weather. If your child has seasonal allergies, it is helpful to keep them away from known triggers. Sometimes, having your child sleep with the windows closed (and air conditioner on if needed) is best during allergy flares.

In addition to avoiding triggers, your child may take a daily antihistamine to control or even prevent symptoms. Examples of such antihistamines are Claritin, Zyrtec, and Allegra. Do not give more than one type of antihistamine daily. If you find that the first antihistamine you try is not successful after a few weeks, it is okay to try another. Please consult the office if you are unsure whether or not your child’s symptoms may be caused by seasonal allergies or if you are unable to manage the symptoms at home.

**Possible symptoms:**

C:\Users\yara\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FZGA3200\MC900232730[1].wmfSneezing

Clear nasal congestion

Red, watery eyes

Itchy nose, throat, eyes, or ears

Dark circles under the eyes

Dry cough

Puffiness around the eyes

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| **Claritin (loratidine)** | | |
| **Formulation** | **Ages 2-5** | **Ages 6+** |
| Liquid | 1 tsp (5 mg) once daily | 2 tsp (10 mg) once daily |
| Chewable | 1 tab (5 mg) once daily | 2 tabs (10 mg) once daily |
| RediTabs |  | 1 tab (5 mg) twice daily |

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| **Zyrtec (cetirizine)** | | |
| **Formulation** | **Ages 2-5** | **Ages 6+** |
| Dissolve Tabs |  | 1 tab (10 mg) once daily |

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| **Allegra (fexofenadine)** | | |
| **Formulation** | **Ages 6-12** | **Ages 12+** |
| Liquid | 1 tsp (30 mg) twice daily | 2 tsp (10 mg) once daily |
| Meltable Tablets | 1 tab (30 mg) twice daily | 2 tabs (60 mg) twice daily |