

ALLERGIES

The most intense times of year for most children's allergies tend to be in the Spring (mid March-end June) and Fall (mid August until the first hard frost). In the spring, the usual culprits are the blooming trees and pollen and in the fall the usual allergens are ragweed and mold.

If you suspect your child has allergies during these times of year, it is best to try and start his or her allergy medication early(a week before onset of that season), so that it will kick in when the amount of allergen exposure is at its highest. If you wait until your child is showing very obvious symptoms, the allergy medicine may not work as quickly or as effectively.

Signs of allergies include itchy nose, itchy eyes, runny nose, watery eyes, sneezing, coughing, headache, swollen red eyes, stuffy nose, scratchy throat. Some children may even get more dry skin or worsening of their eczema.

If your child has a "tight" cough where he is having coughing fits, wheezing, or difficulty breathing, especially if this is

SUDDEN ONSET, then you need to contact the office for your child to be seen.

If your child is not having trouble breathing but has very uncomfortable symptoms, then there are a few over the counter medications that you can try:

ZADITOR : For itchy, red, or watery eyes. For ages 2y and up.

CLARITIN: for itchy eyes combined with runny nose or other nasal symptoms such as sneezing or wet cough from drainage running down the back of the throat, especially at night.

Give at nighttime. Ages 2-5y give 5 mg once a day
6y and up give 10mg once a day

ZYRTEC: works like Claritin, but can use in younger ages also.

Ages 6-24 months : 2.5mg once a day

Ages 2-6y: 5mg once a day

6y and greater : 10mg once a day

BENADRYL can be used, but it does not last 24hrs like the above, and it can make a child sleepy.

If you have tried the above for 1-2 weeks without relief, you can also ADD Sudafed to what the child is already taking. This helps especially with nasal congestion. We do not recommend using the Sudafed for more than 5-7 days. After that, your child should see a doctor.

SUDAFED dosing : 4-6y : 15 mg every 12 hrs

6-12y : 30 mg every 12 hrs

Greater than 12y : 60 mg every 12 hrs