



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

PARENT HEALTH BULLETIN



MARCH 2023

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THIS MONTH'S TOPIC:

SEASONAL ALLERGIES AND HOW TO HELP KIDS COPE



As winter slowly turns to spring, many kids experience sneezing, coughing, and itchy eyes. These are all common symptoms of seasonal allergies. Seasonal allergies can strike at different times of the year. Also known medically as allergic rhinitis, or hay fever, seasonal allergy symptoms occur when airborne allergens that float in the air, enter the eyes, nose, or throat. This sets off an allergic reaction.

In the early spring, flower and tree pollen are common culprits of seasonal allergies in kids. Grass pollen starts in the late spring and peaks in the mid-summer months. Weed pollen (such as ragweed) and mold spores plague kids mainly

Continued on the next page →



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Disabilities
accommodated
with prior notification.

Talk to your child's doctor or other health-care provider about the best allergy medicines for your child.

Continued from the previous page

in the late summer and fall. If winter months are unseasonably warm, mold and mildew can persist. This will cause problems throughout the winter when other allergens tend to be dormant.

Symptoms of seasonal allergies can include a stuffy or runny nose, sneezing, itchy eyes and nose, sore throat, cough, or dark circles under the eyes. Seasonal allergies can be more than just a mild annoyance. Some of the additional consequences of allergies in children can include:

- Fatigue and poor concentration in school because of lack of sleep
- More ear and sinus infections
- Asthma exacerbations
- Behavioral issues from discomfort and lack of sleep

You can do things at home to help minimize the effects of seasonal allergies for your children.

Even when pollen seems to be blanketing everything in its path, there are steps you can take to prevent allergies from acting up:

- Have your child wash their hands and face as soon as they come in from playing outside.
- Limit outdoor activities when pollen counts are at the highest.
- Avoid hanging laundry outside to dry.
- Have your child take their bath close to bedtime, to help with nighttime allergy problems.
- Keep windows in your home and car closed and use air conditioning to filter the air.
- Clean floors, windowsills, and other surfaces often during the season when your child has allergies.
- Change the furnace filters in your home often — both before and after your child's peak allergy season.
- Have flare medications on hand. Talk with your child's doctor if normal doses of medication do not control strong allergy symptoms.

Along with taking steps to limit your child's exposure to allergens, there are many safe, effective allergy medicines. Nasal sprays and eye drops can target specific symptoms your child is



struggling with the most. Some are available over the counter, while others require a prescription. Talk to your child's doctor or other health-care provider about the best options for your child.

REFERENCE:

<https://www.chop.edu/news/health-tip/seasonal-allergies-keeping-symptoms-check>

ADULT
HEALTH BULLETIN

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