

SEASONAL ALLERGIES



Tips and Tricks for Allergy Management

Zyrtec is designed to be given at bedtime as pollen peaks at 2 AM.

Before bed, shower or take a bath to get pollen out of hair, off skin, and eyelashes.

For itchy eye symptoms, a cool compress to area can alleviate discomfort

Allergy medications may offer some immediate relief, however typically reach full effect at the 2 week mark.

Take at the same time every day during you child's allergy season. Skipping days does not allow for medication to reach maximum effect.

Reduce allergen exposure by changing clothes, keep bedroom windows closed.

Children under 2 years old may display allergy like symptoms but seasonal allergies often occur around 3-5 years of age - those under 2 should be evaluated in office.

Medication Recommendations

Children ages 2-6:

Zyrtec (5mg/5ml) 2.5mL once nightly

Claritin (5mg/5ml) 5mL once daily.

Age 2+ Flonase Sensimist spray 1 spray each nostril once daily.

Age 4+ *Flonase Nasal spray 1 spray each nostril once daily.

*If inadequate response to 1 spray may increase to 2 sprays each nostril once daily until adequate response, then decrease to 1 spray each nostril once daily.

Children ages 6+:

Claritin (5mg/5ml) 10ml once daily.

Allegra 30mg twice daily

*Zyrtec (5mg/5ml) 5ml once nightly.

*May increase to 10ml once nightly if inadequate response to 5ml.

Children 12+:

Allegra 60mg twice daily

Eye Drops:

Over age 2: Pataday 1 drop each eye twice daily at least 6-8 hours apart.

Over Age 3: Zaditor 1 drop each eye twice daily at least 6-8 hours apart.

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