



Seasonal Allergies: Information for Parents

As the seasons change, many children experience symptoms of seasonal allergies, also known as allergic rhinitis or hay fever. Understanding these allergies and knowing when to keep your child home from school can help manage their health and prevent the spread of other illnesses.

Common Symptoms of Seasonal Allergies:

- Runny or stuffy nose
- Sneezing
- Itchy or watery eyes
- Itchy nose, throat, or ears
- Cough
- Dark circles under the eyes

These symptoms are typically triggered by airborne allergens such as pollen from trees, grasses, and weeds.

Managing Allergies at School:

Medication: Ensure your child takes their allergy medication as prescribed. If medication is needed during school hours, provide the school nurse with the necessary medications and authorization forms.

Communication: Inform the school nurse and your child's teacher about their allergies. Provide details about triggers, symptoms, and any action plans.

Environment: Encourage your child to wash their hands after outdoor activities and avoid touching their face to reduce exposure to allergens.

When to Keep Your Child Home:

While mild allergy symptoms can often be managed at school, certain symptoms may warrant keeping your child at home to ensure their well-being and prevent the spread of other illnesses:

Fever: A temperature of 100.0 F or higher. Your child should be fever-free for at least 24 hours without the use of fever-reducing medications before returning to school.

Severe Cough or Shortness of Breath: If your child has a persistent cough or difficulty breathing, consult a healthcare provider.

Vomiting or Diarrhea: Keep your child home until these symptoms have been resolved for at least 24 hours.

Fatigue: If your child is too tired to participate in normal activities, best to let them rest at home.

It's important to distinguish between allergy symptoms and those of other illnesses. For example, allergies typically do not cause fever, while viral infections might. If you're uncertain about your child's symptoms, consult with your healthcare provider.

Additional Resources:

For more information on managing seasonal allergies in children see

<https://kidshealth.org/en/parents/seasonal-allergies.html>

guide for parents.

By staying informed and proactive, we can work together to ensure your child's health and success during allergy seasons.