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# Seasonal Allergies

General Pediatrics

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## Symptoms and Triggers

Seasonal allergies are the result of the body's immune system initiating an inflammatory reaction to the environment.

Common allergy symptoms include runny nose, congestion, itchy/watery eyes and sneezing.

Common triggers include pollen, grass, mold and ragweed.

## Tips to help Allergy Symptoms

- Pollen is most concentrated in the morning, if possible try to schedule outdoor time for later in the day.
- After going outdoors be sure to wash hands, change clothing and remove shoes to keep pollen away.
- Rinse nose with saline.
- Bathe or shower before bed to avoid allergens sitting on the skin or in the hair while sleeping.
- Keep doors and windows closed (particularly in the bedroom).
- Avoid fans which can blow allergens around.
- Use allergy covers on linens and wash bedding with hot soapy water weekly.
- Replace pillows every 1-2 years.
- Wash stuffed toys weekly.
- Pets can also bring in pollen and carry allergens around the house, try to avoid pets in bedroom and bathe them often.
- Medicines such as antihistamines, eye drops and nasal steroid sprays can also help allergy symptoms. Talk to your child's Pediatrician about medication options and dosages and whether a referral to the Allergist for testing is warranted.

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## Allergies vs. Cold

While their symptoms often overlap there are a few key differences to focus on:

- If a fever is involved then that is an indication of an infection rather than allergies
- Itchiness is a hallmark symptom of allergies and not usually a complaint during illness
- Nasal secretions in allergies are often clear and watery vs thicker and colored in infections
- And while a simple cold often improves after a few days, allergy symptoms can last weeks to months

Hi! We are Dr. Catalina Scarfone and Dr. Daniel Hermann, Pediatricians with Summit Health in Bedminster. If you would like to learn more about seasonal allergies or any other pediatric related health issues please reach out to us! We would love to help you and your families in any way that we can!



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