

ALLERGY ACTION PLAN

For Seasonal Allergies

Prepared by Pavilion Pediatrics

GOAL: minimize symptoms of seasonal allergic rhinitis

Starting in late March or early April in the spring and late August, early September in the fall, your child may begin experiencing symptoms of allergic rhinitis or seasonal allergies. These symptoms include runny nose, itchy eyes, cough, and sometimes even ear fullness or congestion. Our goal is to ideally preemptively start allergy medications before symptoms start and keep them going until either the pollen count decreases, often in late May or early June or after the first frost in late fall.

THREE TIERED APPROACH TO TREATMENT

1. We start with the foundation of treatment with an oral antihistamine
2. If symptoms persist despite this, we layer on top an agent that targets the symptoms such as a nasal spray or eye drops
3. If symptoms persist despite these therapies, we may consider an adjunctive therapy that targets an additional inflammatory pathway that causes allergy symptoms. This can be especially helpful with patients who have had asthma or eczema in the past.

ANTIHISTAMINE OPTIONS

1. Claritin, Zyrtec, and Xyzal all come in liquid and chewable formulations and are taken once daily.
2. If your child has been taking one formulation and you find that it has become less effective, sometimes switching the brand or type can trigger an improved response
3. Sometimes taking the antihistamine at night can give better results since it can take 8-12 hours to reach peak effectiveness

OPTIONS TO TARGET SYMPTOMS

1. To target nasal congestion, consider flonase (for kids 4 years and older) or nasonex (for kids younger than 4). You can give 1 spray per nostril up to two times daily
2. To target itchy, runny eyes, consider addition of Zaditor eye drops, one drop to affected eyes up to twice daily

ADDITIONAL ANTI-INFLAMMATORY MEDICATION

1. Singular comes in a chewable or tablet form. It targets a different inflammatory pathway than the histamine pathway and can offer additional relief, especially to patients with a history of asthma or eczema.
2. This is the only medication mentioned that requires a prescription
3. If taking this for allergies only, you can take the medication in the morning or evening, but it may be best to take it at the same time as the anti-histamine to keep things simple

LIFESTYLE MODIFICATIONS

It may be helpful for your child to bathe at night before going to bed so that any residual pollen on his or her clothing or body does not trigger symptoms at night. If symptoms are quite bothersome, you may want your child to change clothes after coming in from playing outside.

YOUR PLAN

1. _____
2. _____
3. _____