

Happy Spring Centre Pediatrics! With spring comes pollen, and with pollen comes seasonal allergies. We have been getting many calls asking how to manage these symptoms so please refer to the information below for some guidance on how to help get through the season.

**About Allergies:**

- Spring allergy season lasts from around mid-March until mid-June in Massachusetts
- If your child is younger than 2 they are likely experiencing common cold symptoms and *not* seasonal allergies
- Even if your child did not have seasonal allergies last year, they could be experiencing allergies this year

**Symptoms:**

- Runny nose and/or congestion
- Sneezing
- Red, watery, or itchy eyes. Sometime crusting of eyes will occur particularly in the morning
- Dry, itchy or mild sore throat
- Coughing
- Mild fatigue

Fevers are *not* a symptom of seasonal allergies

**Over the Counter Medications:**

*No medication will eliminate all allergy symptoms! These are for symptom management only.*

- Antihistamines and nasal sprays should be used every day to ensure best results.
- If your child routinely suffers from seasonal allergies, start taking antihistamines and nasal sprays around St. Patrick’s day (mid-March) and continue them until Father’s day (mid-June)
- Children respond to medications differently. Feel free to try different medications and see what works best for your child
- Refrigerating the eye drops can help them be more comfortable

<b>Antihistamines (Oral Medications)</b>	<b>Nasal Sprays</b>	<b>Eye Drops</b>
Children’s Zyrtec (Cetirizine) Chewable or liquid  2-5 years: 2.5mg daily  6-11 years: 5mg or 10mg daily depending on severity of symptoms	Flonase or Children’s Flonase (Fluticasone 50mcg per spray)  4+ years: 1 spray in each nostril once daily	Zaditor (Ketotifen Antihistamine)  3+ years: 1 drop into each eye every 8-12 hours as needed

12+ years: 10mg daily		
<p>Children's Claritin (Loratidine) Chewable or Liquid</p> <p>2- 6 years: 5mg daily</p> <p>6+ years: 10mg daily</p>	<p>Astepro (Azelastine)</p> <p>6-11 years: 1 spray in each nostril every 12 hours</p> <p>12+ years: Once daily: use 2 sprays in each nostril; OR twice daily: use 1 or 2 sprays in each nostril every 12 hours</p>	<p>Pataday (Olopatadine)</p> <p><u>0.1% solution</u> 2+ years: 1 drop in the affected eye twice daily</p> <p><u>0.2% solution</u> 2+ years: 1 drop into the affected eye daily</p>
<p>Children's Xyzal (Levocetirizine)</p> <p>2-5 years: 2.5 mL (1.25mg) once daily in the evening</p> <p>6-11 years: 5 mL (2.5mg) once daily in the evening</p> <p>12+ years: 5mL (2.5mg) or 10 mL (5mg) once daily in the evening depending upon severity of symptoms</p>	<p>Nasonex (Mometasone)</p> <p>2-11 years: 1 spray to each nostril once daily</p> <p>12+ years: 2 sprays in each nostril once daily</p>	
<p>Children's Allegra (Fexofenadine)</p> <p>2-12 years: 5mL (30mg) every 12 hours</p> <p>12+ years: 10mL (60mg) every 12 hours</p>		

**Other Measures:**

- Keep windows closed
- Change clothes after spending time outside
- Wash hair before bed
- Change pillowcases and sheets more frequently

**Please call our office if:**

- Your child is having severe allergy symptoms
- You are looking for a referral to an allergist
- You are not sure whether symptoms are allergies or something more