

It is **ALLERGY SEASON** again

And it brings a high level of discomfort that cannot be ignored

Symptoms

Congestion

Runny Nose

Sneezing

Itching

Nasal Swelling

Hives

Eczema-like Rashes

Itchy and Watery Eyes and More

Solution

ALWAYS talk with your DOCTOR to ensure that an OTC medicine is safe for your child.

Some recommended over-the-counter (OTC) medications to help ease kids allergy symptoms.

- **Cetirizine** (Zyrtec Allergy)
- **Desloratadine** (Clarinex)
- **Diphenhydramine** (Benadryl)
- **Fexofenadine** (Allegra)
- **Levocetirizine** (Xyzal)
- **Loratadine** (Alavert, Claritin)

FYI

Checking the pollen count daily can alert you to when allergy symptoms can flare up.

<https://www.pollen.com/>

Always practice safety when giving prescription or OTC medications to your child, talk with your doctor or pharmacist to confirm the right dosage and appropriate time for the medication, including information about listed possible side effects or reactions.