



All about allergies

Millions of children have some type of allergy. Common allergies carried through the air include dust mites, pollen, molds, and pets. In addition, eight percent of kids in the United States are affected by food allergies, such as cow's milk, eggs, shellfish, peanuts, tree nuts, soy, and wheat. Other allergies can be caused by insect stings, antibiotics, and chemicals in cosmetics or laundry detergents.

See the reverse side for more about spotting and treating allergies.



Spot and treat allergies

- Airborne allergies often cause sneezing, itchy nose and throat, red and itchy eyes, nasal congestion and coughing.
- Food allergy symptoms include itchy mouth and throat while swallowing, hives, rash, runny or itchy nose, cramps with vomiting or diarrhea, difficulty breathing or shock.
- Reduce exposure to allergens as much as possible. Antihistamines or nasal sprays may help when allergens cannot be avoided.
- To avoid airborne allergens, keep pets and rugs out of your child's room, clean often, keep windows closed during pollen season and keep kids who are allergic to mold away from damp areas, such as the basement.

For more information, visit [cardinalglennon.com](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

