



# Know The Difference Between Asthma & Allergies

Allergies can definitely make asthma worse. Sometimes immediately and sometimes only after continued exposure. Learn more about your allergies to control them and your asthma.

Allergy Symptoms	Allergy Treatment
<ul style="list-style-type: none"> <li>• Runny nose</li> <li>• Stuffy nose</li> <li>• Post nasal drip</li> <li>• Sneezing</li> <li>• Itchy, irritated or watery eyes</li> <li>• Skin rash / skin reaction</li> <li>• Dark circles under the eyes</li> <li>• Earaches or ear discomfort</li> <li>• Sinus pressure sometimes leading to sinus infections</li> </ul>	<p>Non-prescription options:</p> <ul style="list-style-type: none"> <li>• Know your triggers and avoid them as much as possible</li> <li>• Minimize exposure by keeping windows closed, using window screen filters and air conditioning, limiting outdoor time during peak allergen season, showering after outdoor exposure etc.</li> <li>• Saline nose spray (mist) or nasal rinse (ie. Neti-Pot) daily or several times a day to clear nasal passages of allergen.</li> <li>• Antihistamines – Reactine, Alerius or Claritin are preferred over Benadryl which causes more playground accidents due to drowsiness.</li> </ul> <p>Prescription options:</p> <ul style="list-style-type: none"> <li>• Nasal Steroid Sprays (Nasonex, Avamys etc)</li> <li>• Leukotriene antagonist – Singulair (montelukast)</li> </ul> <p>Medical Support:</p> <ul style="list-style-type: none"> <li>• Ask your pharmacist for help choosing the right medication for your child’s age and their symptoms</li> <li>• Referral to an allergist may be appropriate for significant allergy symptoms despite these allergy measures. They will also explain when immunotherapy might be helpful.</li> </ul>
Asthma Symptoms	Asthma Treatment
<ul style="list-style-type: none"> <li>• Cough</li> <li>• Wheeze</li> <li>• Shortness of breath</li> <li>• Tight chest</li> <li>• Fatigue from working so hard to breathe</li> </ul>	<ul style="list-style-type: none"> <li>• Asthma Action Plan so you know how to avoid asthma attacks</li> <li>• Reliever puffer for even mild symptoms</li> <li>• Controller puffer daily, especially if allergens can't be avoided (ie. visiting family with pets)</li> </ul>