



KNOW THE DIFFERENCE BETWEEN ASTHMA & ALLERGIES

COMMUNITY PEDIATRIC ASTHMA SERVICE

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.

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