



9 WAYS TO SOOTHE ALLERGY SYMPTOMS IN CHILDREN

Help your child feel better when allergy symptoms strike.

The same allergens that cause allergies in adults — *pollen, pet dander, dust mites and mold spores* — can also make kids feel miserable. Kids' bodies release histamine that works to rid the body of allergens, causing symptoms like a runny or itchy nose, congestion and sneezing. While it's true that most environmental allergies develop during childhood and need to be managed throughout life, in some cases, sufferers may outgrow their reaction to allergens through low-level exposure over an extended period.

HOW TO HELP RELIEVE YOUR CHILD'S ALLERGY SYMPTOMS

While you can help reduce your child's exposure to allergens, it's nearly impossible to avoid all exposure to allergens. After all, kids love to play outside and snuggle family pets. When allergies do make your child feel bad, try these tips to help soothe their symptoms.



Have your child gargle with a mix of 1 to 2 teaspoons of salt per 8 ounces of warm water.



Give your child a warm bath or shower, using steam to help moisten the nasal passages.



Serve warm tea with honey and lemon.



Keep soft tissues handy to wipe runny noses. Consider tissues infused with aloe or lotion.

MORE

HOW TO HELP RELIEVE YOUR CHILD'S ALLERGY SYMPTOMS continued



Apply a thin layer of **A+D ointment** or petroleum jelly to the tip of your child's nose and above their upper lip to help protect sore or tender skin.



Apply a warm compress to your child's face, especially on their cheeks and nasal passages.



Keep windows closed in your home and car to help reduce contact with pollen.



Use a cold compress to help relieve itchy eyes.



Keep your child's hands busy with activities such as games, puzzles or arts and crafts to keep them from rubbing and irritating itchy eyes.

IS YOUR CHILD SUFFERING FROM ALLERGIES?



Children's Astepro® Allergy is a first-of-its-kind, steroid-free nasal allergy spray that works to relieve your child's allergy symptoms — like nasal congestion, runny nose, sneezing and itchy nose — for up to 24 hours. Find it at your local CVS store or buy it online at [CVS.com](https://www.cvs.com). For ages 6+.

References

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