



Zach and Zoe's Sneezy Treasure Hunt

While visiting their grandparents, Zach and Zoe set off on a fun treasure hunt! But, as they explore dusty rooms, grassy gardens and cuddly pets, Zach starts sneezing, sniffing and feeling itchy. Will they find Grandma's missing ring?

And will they find out what's making Zach feel so uncomfortable.

Zach and Zoe's Sneezy Treasure Hunt



Illustrated by Jo de Ruiter

This book belongs to

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Illustrated by Jo de Ruiter

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Foreword For Parents/Guardians

BY BEC JUDD

As a mother of four gorgeous children, I know first hand how allergies can affect kids. Even mild hayfever can be uncomfortable for children, and watching them go through it can be stressful.

I'm also aware of how challenging it can be for grandparents and other caregivers to recognise the signs and symptoms of allergies and hayfever. My mum often looks after my children, and like many grandparents, she's always extra cautious if they become unwell while in her care. Grandparents play such an important role in children's lives, and understanding allergy symptoms can help them feel more confident when caring for their grandchildren.

That's why I'm delighted to partner with Zyrtec to sponsor this creative and fun sequel to the Zach and Zoe series and help raise awareness about allergies.

Zach and Zoe's Sneezy Treasure Hunt is an exciting adventure that helps grandparents and caregivers recognise the signs of allergies, while showing that the fun doesn't have to stop when the sneezes start.

I hope you love reading this story as much as I've loved being part of the creative process.

Bec

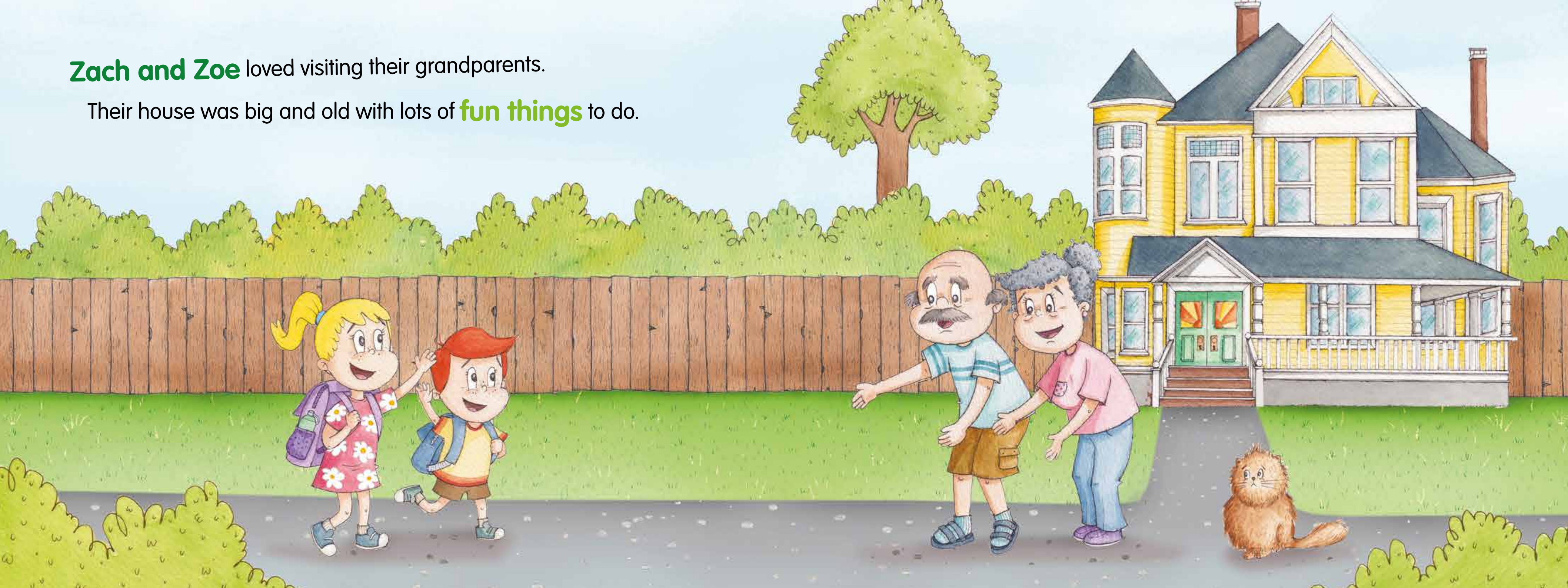
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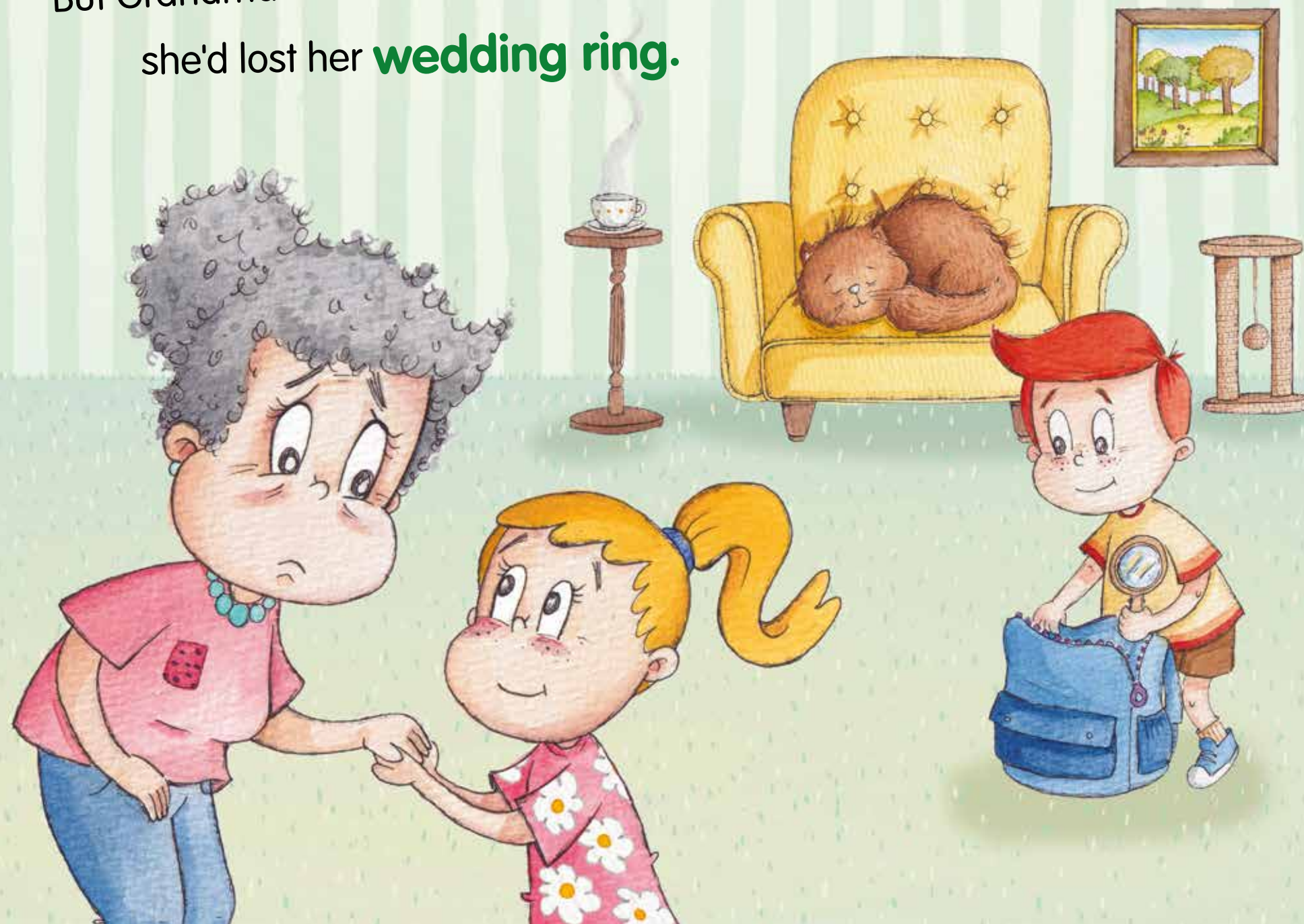


Zach and Zoe loved visiting their grandparents.

Their house was big and old with lots of **fun things** to do.



But Grandma was worried because
she'd lost her **wedding ring**.



"Don't worry" said Zoe, "We'll find it for you!"
"This is going to be great!" said Zach,
"A real life **treasure hunt**!"

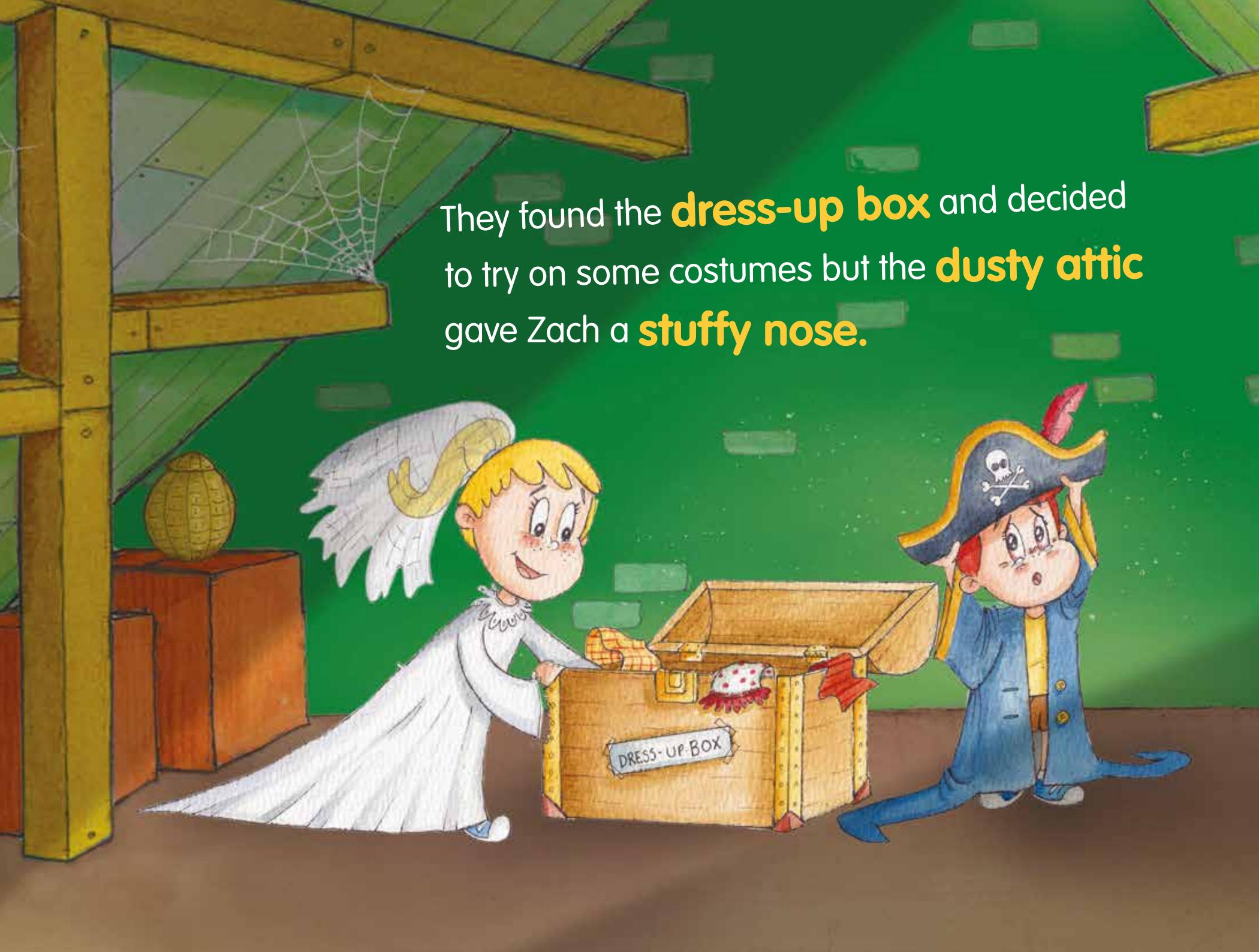




Grandma had been sorting
stuff in the attic, so they began
their **adventure** there.



They found the **dress-up box** and decided to try on some costumes but the **dusty attic** gave Zach a **stuffy nose**.

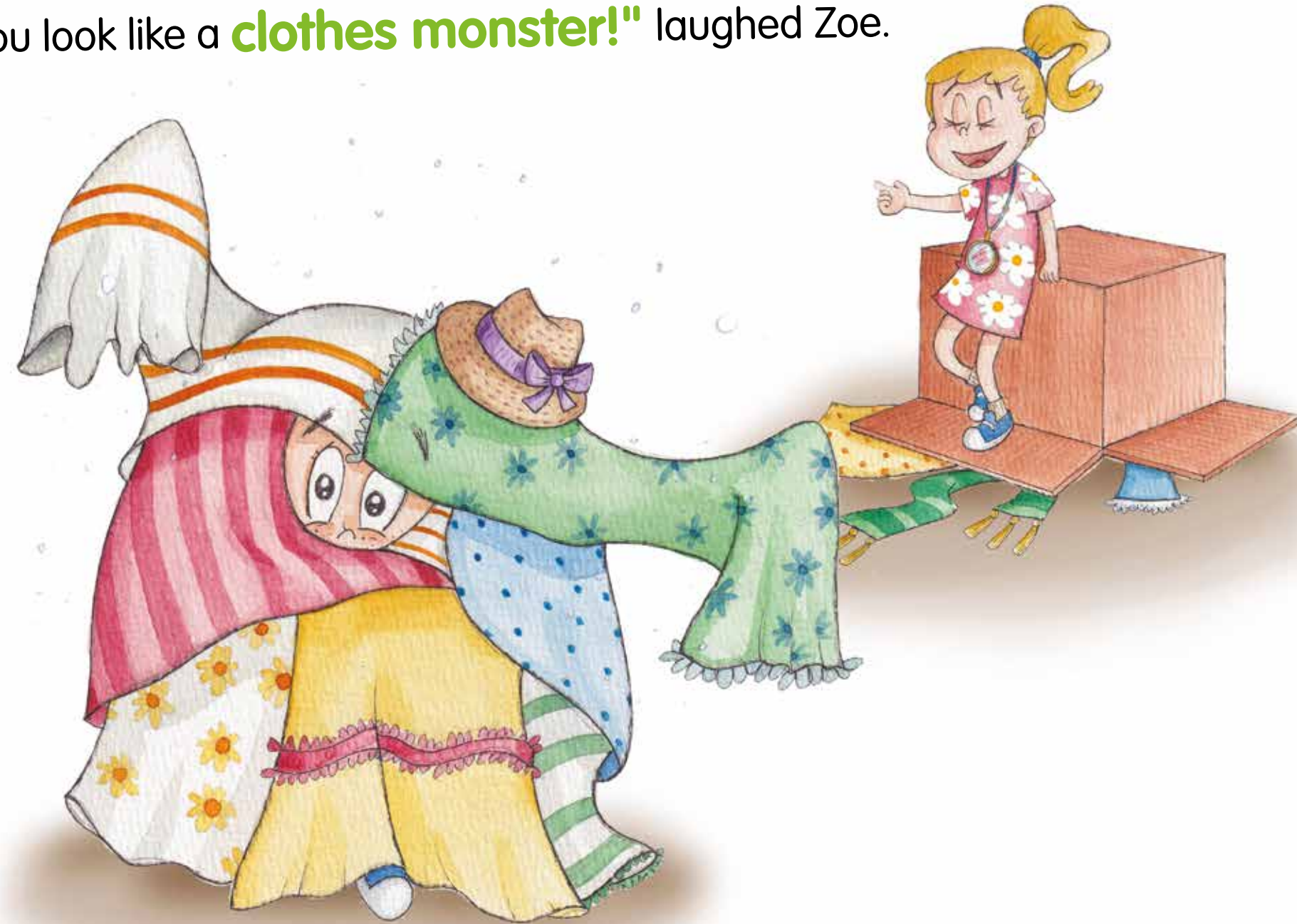


sneezed Zach

The **sneeze** was so strong he flew backwards knocking over boxes and covering himself in all the **different clothes**.

Zach stood up covered in all the different costumes.

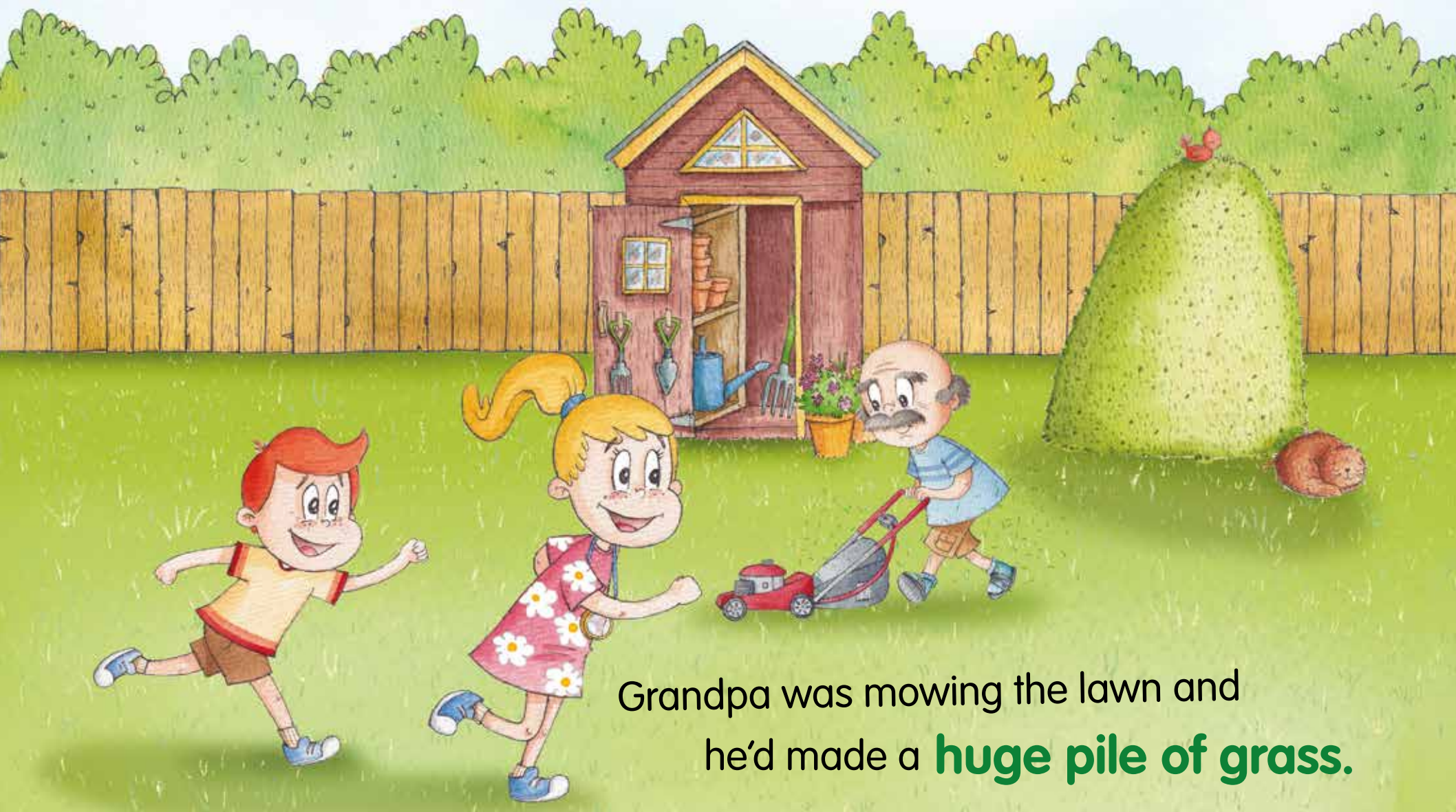
"You look like a **clothes monster!**" laughed Zoe.



Poor Zach didn't feel like a **monster**.
He didn't feel **very good**.



They decided to continue their
treasure hunt in the garden.



Grandpa was mowing the lawn and
he'd made a **huge pile of grass**.

"Hooray!"

cheered Zach and Zoe,
jumping into the pile.



Zach emerged from the pile covered head to toe in grass.

"Ha! You look like a **giant grass monster!**"
said Zoe.



But the cut grass made Zach's **stuffy nose** even worse
and now his eyes were **watery, red and itchy.**



ACHOOOOO!

sneezed Zach again.



They decided to look for grandma's ring in the **living room**.

The cat was asleep on the sofa and wasn't happy when Zach and Zoe began to remove the cushions.



They made a **big cushion pile** in the middle of the living room floor and jumped into the cushions.

"Stacks on!" they shouted.

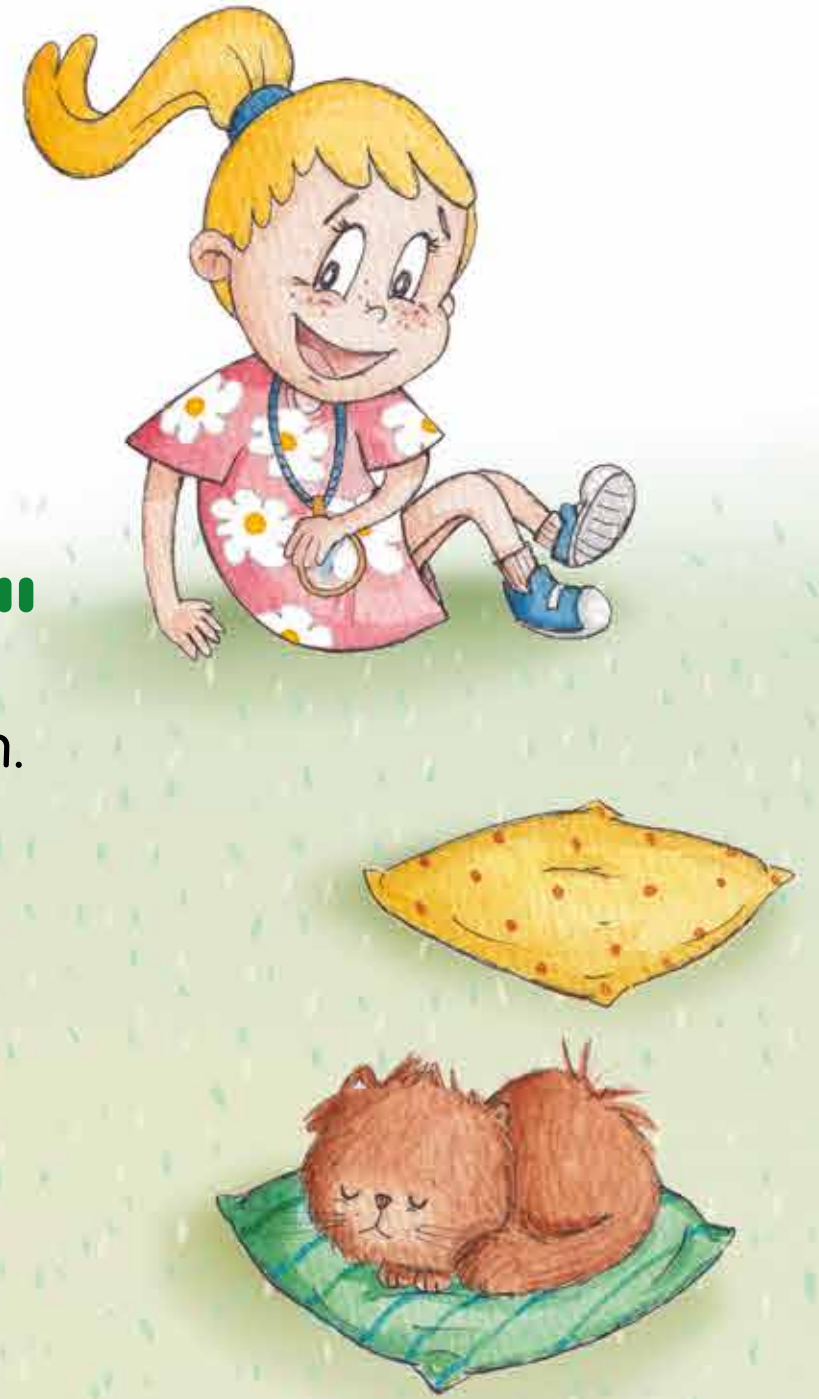


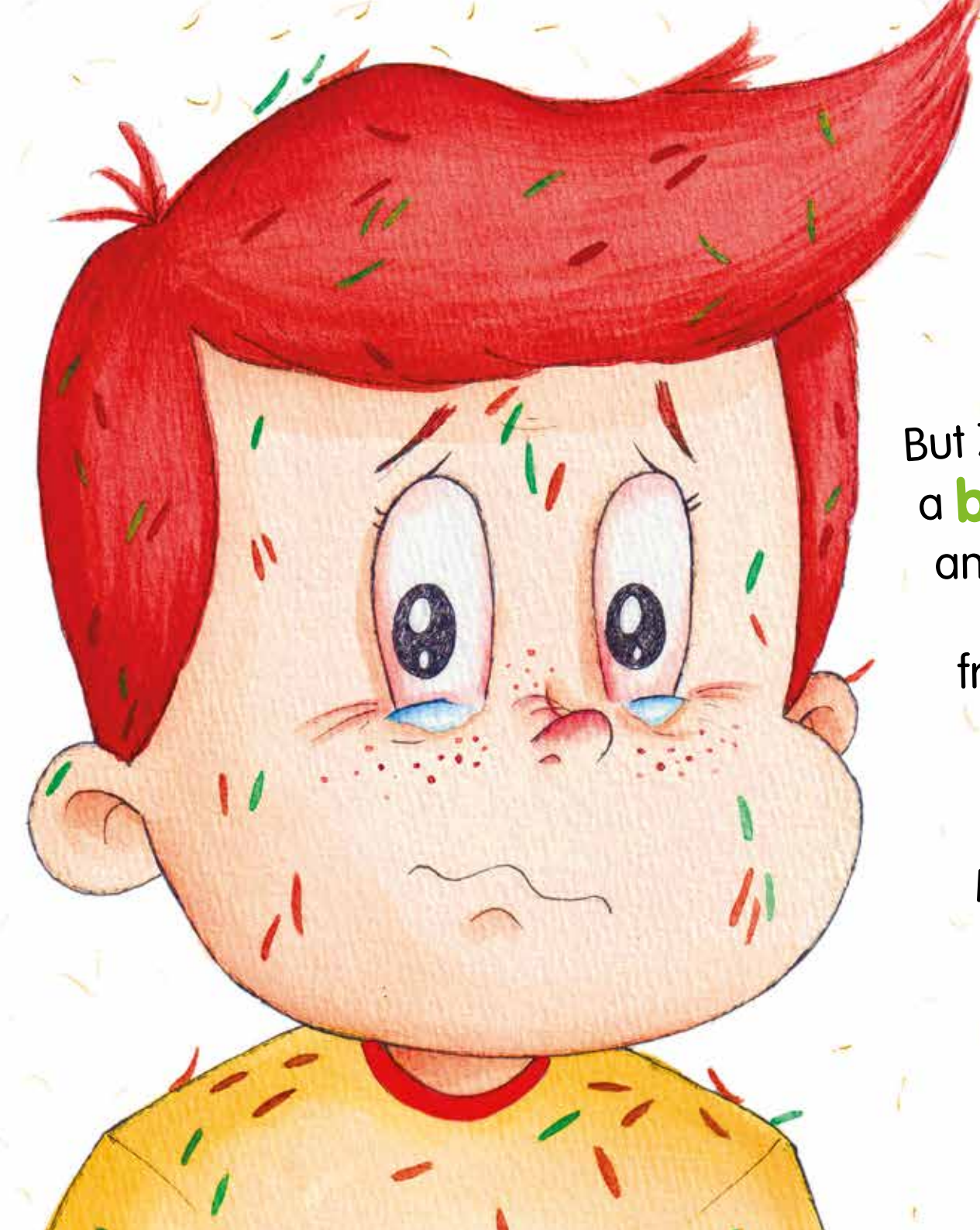
Zach was totally covered in
cushions!

He was also totally covered in
cat hair!



"You look like
a cushion monster!"
laughed Zoe again.





But Zach still had
a **blocked nose**
and **watery eyes**

from the **dust** and **grass**
and the **cat's hair**
made him even worse.

Even his skin felt **itchy** now.

This time he
sneezed!



...and **sneezed!**



...and **sneezed!**



...and **sneezed!**



ACHOOooo!

Poor Zach **wasn't feeling his best.**

Zach's blocked nose meant he didn't notice the **delicious smell** coming from the kitchen... but Zoe did. She began to follow her nose to find out what it was.



Grandma was in the **kitchen**. She'd baked some **cakes** and was in the middle of icing them.



"There's **your ring** grandma!"
said Zoe, spotting it on the windowsill.



Grandma had taken it off
to do the baking and had
forgotten all about it!



"Well done!" said grandma, "You found it!"
As a **reward**, she gave Zach and Zoe
big slices of **cake**, just as mum arrived.



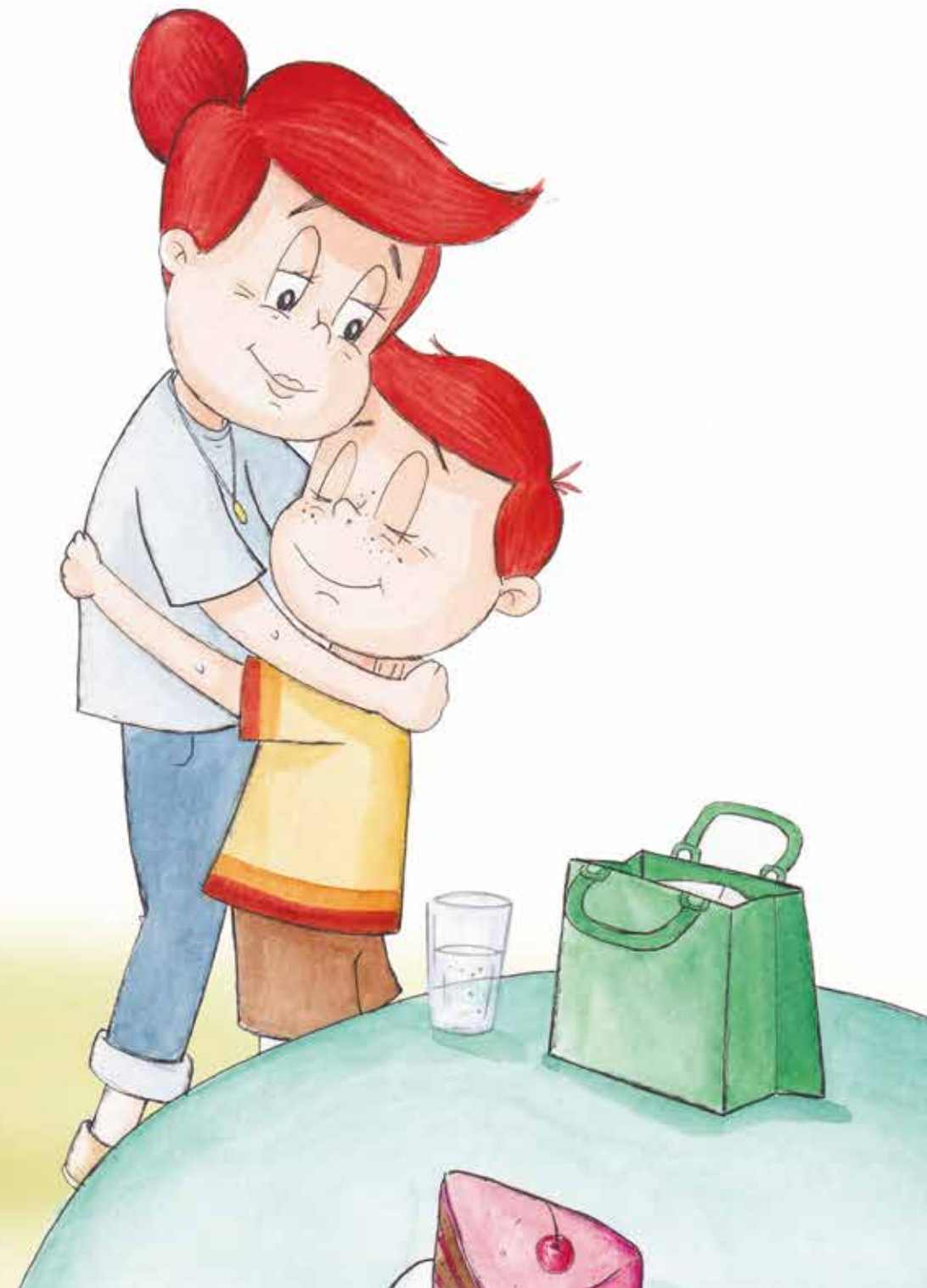


"Just in time" said grandpa,
coming in from the garden.

"**Poor Zach**, he's been sneezing
all day. His nose is stuffy and his
his eyes are itchy and red".



Mum gave Zach a **big hug**.
"Don't worry, I know what to do".



As soon as he felt **better**, Zach tucked into his cake.
He ate it way too quickly and made a big mess.



“Ha! Now you look like a **cake monster!**” said Zoe.

And they all laughed.

The End



For Parents/Guardians

Learn more about allergic rhinitis in children!

Just like grown-ups, children may suffer from allergic rhinitis, more commonly known as hayfever or allergies, too!

Research shows that if one parent has it, their child has a 30-50% chance of developing the condition, and a 60-80% chance if both parents have it!¹ Yet, the condition often goes undiagnosed and untreated due to symptom confusion.

What is an allergy?

Allergies occur when the immune system overreacts to normally harmless substances called allergens. When your child encounters an allergen, their body releases 'histamine' triggering symptoms.

What triggers allergies?

Allergies exist all year round so it's important to keep an eye out for what is causing them:

- Outdoor triggers (seasonal allergens): pollen that could be found in grass, trees, flowers and weeds.
- Indoor triggers (year-round allergens): dust, pet dander and mould.

Common symptoms of allergies include:



**Itchy/Runny
Nose**



**Itchy/Watery
Eyes**



Sneezing



Itchy Skin



¹Chad Z. Allergies in children. Paediatr Child Health. 2001 Oct;6(8):555-66. doi: 10.1093/pch/6.8.555. PMID: 20084126; PMCID: PMC2805592.

Talking to your health care professional is the best way to determine if your child has allergies.