

Allergic at school?



If indoor allergies strike at school, here's how to help your child

Could it be allergies?

If your child is sneezing during the school day, consider the symptoms:

Possibly allergies



SNEEZING



RUNNY NOSE



ITCHY, WATERY EYES



ITCHY NOSE OR THROAT

Probably NOT allergies



FEVER



COUGH



SORE THROAT

Allergy symptoms can make it harder to learn

All that sneezing, nose-blowing, and eye watering can affect your child's:

- ability to concentrate on schoolwork
- sleep quality
- performance in sports and after-school activities

That's why it's so important to help reduce your child's exposure to allergy triggers both at home and at school.

Unexpected allergy triggers

- Fur and dander from a class pet, or from a classmate's clothes
- Dust mites (tiny organisms that can live in carpets and cushions)
- Mold in humid bathrooms or locker rooms

You can help reduce your child's exposure to allergy triggers at school. See page 2 for tips >

Learn more about managing your family's allergies at Zyrtec.com



Help your child avoid allergy triggers at school

Talk to the school

- Ask school officials to maintain best anti-allergy practices, such as using high-efficiency air filters and taking anti-mold precautions
- Tell your child's teachers and the school nurse about your child's allergies and medications they take

Educate your child

Teach your child to avoid the things that trigger allergy symptoms.

- Keep a distance from furry classroom pets
- Don't sit or lie on the floor during downtime. Carpets and cushions can have dust mites

Make suggestions



PET ALLERGIES

Suggest that the class adopt fur-less creatures like fish or a lizard, rather than a hamster or guinea pig



POLLEN ALLERGIES

Ask the teacher to keep windows closed on high-pollen days

Children's ZYRTEC®: Full 24-hour relief for kids' allergy symptoms†

Convenient once-daily dosing
in a range of flavors and formulas
to fit each family's needs



*Among over-the-counter (OTC) oral antihistamines.

†Relieves sneezing; runny nose; itchy, watery eyes; and itching of the nose and throat.