

# MOM'S ALLERGY CHECKLIST

Stay one step ahead of allergies with the following tips from the makers of **Children's ZYRTEC®**

## ☐ **KNOW YOUR CHILD'S TRIGGERS**

Make a list of things that trigger your child's allergies and figure out ways to avoid exposure. For more information about specific ways to combat allergens visit [www.zyrtec.com](http://www.zyrtec.com).

## ☐ **TEACH YOUR CHILD ALLERGY AWARENESS**

In addition to your pediatrician, your child is a crucial partner in coping with allergies. Help him or her learn what triggers symptoms and ways to avoid coming into contact with triggers.

## ☐ **STAY IN TOUCH WITH YOUR PEDIATRICIAN**

Schedule regular appointments, and keep him or her up to date on any new symptoms or developments. Your child's doctor is also the person to answer your questions and discuss medication choices.

## ☐ **SPREAD THE WORD**

Just in case, tell caregivers, teachers and the school nurse about your child's allergies. If you think your child's allergies are severe, talk to your pediatrician about appropriate care.

## ☐ **KEEP DUST AT A MINIMUM**

If your child is sensitive to dust:

- \* Vacuum and dust with a damp cloth frequently.
- \* Keep toys that tend to collect dust out of your child's bedroom
- \* Avoid stuffed toys and use toys that can be washed
- \* Store toys in a closed toy chest

## ☐ **TAKE ACTION TO KEEP AIR CLEAN**

- \* Change furnace and air conditioner filters often
- \* Fix leaky faucets and pipes to avoid mold
- \* Get your chimney cleaned
- \* Avoid tobacco and fireplace smoke
- \* Keep pests under control

## ☐ **BE PET-AWARE**

The truth about cats and dogs: If your child is allergic to pet dander, it's recommended you keep animals with fur or feathers out of your home. If you have pets, make sure they stay out of your child's bedroom. Also try to keep them off carpets and upholstered furniture, where pet dander tends to accumulate.

