

Allergic Rhinitis



Cardinal Pediatrics
304-599-8000

Seasonal Allergies (aka Hay fever)

- Sneezing, clear nasal discharge, runny nose, itchy/watery eyes, dark circles under eyes, itchy nose/ears/mouth
- Caused by pollen-producing plants in early spring to late fall

Perennial allergies

- Same symptoms as seasonal allergies but caused by ever-present allergens like dust mites, animal dander, mold/mildew



Allergic reactions (mild – not anaphylaxis**)

- Hives, itching, runny nose, sneezing, itchy/watery/red eyes
- Due to medicines, lotions or soaps, bug bites, insect stings, foods, plants

**Anaphylaxis includes a wide range of symptoms that can start quickly—within minutes or several hours after exposure to an allergy trigger.

Be aware of any of the following symptoms, especially if they appear suddenly:

- shortness of breath, wheezing, coughing or tightness in chest
- trouble breathing or swallowing
- skin changes like rash, redness or hives, and/or pale or bluish color
- swelling of the lips or tongue
- sneezing, stuffy nose, runny nose
- tight throat, difficulty swallowing, hoarseness
- weak pulse, symptoms of shock
- vomiting, diarrhea (if severe or combined with other symptoms)
- dizziness or fainting
- feeling of "doom," confusion, drowsiness or agitation

Infants may also experience:

- Irritability, fussiness or inconsolable crying
- Sudden Drooling
- Unusual sleepiness

If you think your child is experiencing an anaphylactic reaction, please call 911 IMMEDIATELY!

Medicine	6 m - 2 yrs	2 - 5 yrs	6 -12 yrs	12 yrs +
Zyrtec (cetirizine)	2.5 mg once/day	5 mg once/day	5 mg - 10 mg once/day	
Claritin (loratadine)	2.5 mg once/day	5 mg once/day	5 mg - 10 mg once/day	
Allegra (fexofenadine)	<23 lbs: 15 mg twice/day >23 lbs: 30 mg twice/day	30 mg twice/day		60 mg twice/day



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Remember we are only a call/text call away!