



Allergic Rhinitis

Patient and Family Education

This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.

What is allergic rhinitis?

Allergic rhinitis is an allergic reaction caused by breathing in something such as dust, animal dander, pollen or mold. It may occur during certain seasons or year-round, depending on your child's allergies. Hay fever is a type of allergic rhinitis. It sometimes occurs with other conditions such as asthma or eczema.

What are the possible symptoms of allergic rhinitis?

Your child may have one or more of these:

- Stuffy nose and sneezing attacks
- Itchy nose and eyes
- Red, watery eyes
- Mucus in the nose which may be: thin, thick, clear, white, yellow or green
- Repeated throat clearing, dry constant cough and noisy mouth breathing
- "Popping" of the ears
- Dark circles under the eyes
- Snoring
- Tiredness
- Nasal voice
- Headache

What is the treatment?

Some general guidelines to follow include:

- Avoid things that cause allergies
- Avoid smoke from fireplaces, grills or campfires
- Keep your child away from cigarette smoke and odor
- Drink plenty of fluids
- Your child's doctor may prescribe a non-drowsy antihistamine:
 - It may take several days to work.
 - Take it on a regular schedule. Do not skip any doses.
- Follow up with your child's doctor to talk about ways to prevent symptoms

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Allergic Rhinitis, continued

When should I call the doctor?

Call your child's doctor if your child's symptoms last more than 10 days even with medicine. Also call if your child has any of these:

- Does not smile or show interest in play for at least a few minutes during a four-hour period
- Has new symptoms such as persistent sinus pain or pressure
- Has recurrent nosebleeds or smelly drainage from the nose
- Has a temperature over 100.3°F
- Has problems taking his medicine
- Has signs of breathing problems:
 - Fast, shallow breathing
 - Finds it hard to breathe
 - Tight feeling in chest
 - Wheezing
 - Increased cough
 - Trouble feeding or speaking while trying to breathe

Also call your child's doctor if you have any questions or concerns about how your child looks or feels.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.