



Tips from the Nasal Allergy Xpert

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FACT

Allergic rhinitis affects classroom productivity and functioning in children, primarily because of school absences. According to a recent survey, **at least 60 percent of children reported missing school because of nasal allergies; 40 percent of children said nasal allergies interfered with performance at school.**

TIP

With proper management and preparedness, people – including children – can manage their fall indoor and outdoor nasal allergy symptoms. If you think your child has nasal allergies, make an appointment to see your physician to ensure they are properly diagnosed and managed.

FACT

Seasonal nasal allergies are believed to affect as many as 40 percent of U.S. children.

TIP

Some nasal allergy medications can be taken once-daily, alleviating the need for treatments at school.

FACT

Nasal allergies may give you dark circles under your eyes.

TIP

If your child has dark circles under their eyes, parents should talk with their child's healthcare professional to determine if the condition is related to their nasal allergies.

More tips are available on www.indoor-allergy-symptoms.com to help manage nasal allergy symptoms so indoor and outdoor nasal allergies interfere less with school, work, exercise and outdoor leisure time. Nasal allergy sufferers are encouraged to join the My Xperts[™] program to receive monthly e-newsletters on how to manage indoor and outdoor nasal allergies based on their particular needs.

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