

Summer Allergy Survival Tips for Kids

Whether your child battles seasonal sneezes or outdoor irritants, summer allergies can be tough. Use this guide to help your family breathe easier all season long.



Understand What Triggers Summer Allergies

- Grass pollen is the biggest culprit in summer
- Hot days + high ozone + pollen = poor air quality
- Allergy symptoms often mimic colds — but without fever or low energy



Allergy or Cold? Here's How to Tell

Allergy symptoms usually include:

- Frequent sneezing
- Rubbing the nose
- Clear, runny nose
- No fever or drop in energy



Prevent Flare-Ups Before They Start

- Start antihistamines 1–2 weeks before allergy season begins
- Avoid being outdoors when ozone levels are high (usually late evening)
- Schedule outdoor play for midday or early evening



Non-Medication Ways to Reduce Allergens at Home

- Take shoes off at the door
- Change clothes and shower after being outside
- Wash hair before bed
- Dry laundry indoors to avoid bringing pollen in
- Change bedding regularly



Choosing the Right Allergy Medication

Start by asking: What form of medicine can my child take?
(Options include: pills, chewables, dissolvables or liquids.)

- Oral antihistamines (Claritin, Zyrtec, Allegra) are all effective and interchangeable.
- Intranasal antihistamines (like over-the-counter azelastine) work faster and are often more effective — just slightly bitter.
- Rapid-dissolve tablets are quick and kid-friendly but may be harder to find.



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