

Don't Let Back to School Mean Back to Allergy and Asthma Symptoms

For children with allergies and asthma, summer break from school can also mean a break from their symptoms. When schools start up again, classrooms are often filled with allergic triggers children don't face at home, causing parents to see a return of allergy and asthma symptoms they haven't seen since the last school session.

Below are five tips from the American College of Asthma and Allergy to help your child steer clear of allergies in order to focus on classwork and school activities rather than suffering from runny noses, headaches and asthma attacks.

- **Find an Allergist, find relief-** Well before your child heads back to school, make an appointment to see your board certified allergist.
- **Identify potential problems at school-** Sometimes parents must act as detectives to root out asthma and allergy triggers at school such as new carpeting or open windows where pollen can drift into the classroom.
- **Everyone out on the field!**-If your child has asthma or allergies, they still should be able to play sports as long as their allergist's advice is followed.
- **An allergist can confirm a food allergy diagnosis-** Parents are sometimes given misinformation about food allergies. It is important to work with your child's allergist to arrive at a diagnosis. If your child does have food allergies, make sure the school is fully informed. Work with your allergist and school to have an action plan that lists the foods your child is allergic to, what treatment plan needs to be given, as well as emergency contact information.
- **Prep your child-** Make sure you have discussed how to handle emergencies with your child. No matter what state you live in, your child has the right to carry and use asthma or anaphylaxis meds at school. Be sure your child and school staff know how to use emergency medications.

A board certified allergist is the specialist best trained to treat your child's allergies or asthma. Work with them to make sure your child's allergy medications are on track and that symptoms are under control.

From American Academy of Allergy, Asthma & Immunology at www.aaaai.org

Keep Us Updated

Please be sure to contact our office to provide your updated contact information when it changes. Also, remember to bring your insurance card when you come in for your visits.

ALLERGY AND ASTHMA TRIGGERS IN THE CLASSROOM (Continue)

To help your child feel their best and understand the things in the classroom that can make them sneeze and wheeze, ACAAI and its allergist members have developed the following tips:

- **Two Plus Two Equals A-Choo!** Chalk dust from the chalkboard and playground can trigger allergy and asthma symptoms. Children with sensitive noses should sit away from the chalkboard and wash their hands after handling chalk.
- **Ring Around the Wasp Nest** An estimated two million Americans are allergic to insect stings, which can cause life-threatening allergic symptoms (anaphylaxis). Children should avoid disturbing bees and wasps, and not wear brightly colored clothing on the playground. Talk to your allergist about venom immunotherapy which can be 97 percent effective in preventing future allergy to insect stings.
- **Mac and Sneeze** Peanuts, milk, egg, wheat and soy might mean more than a slight snuffle and sneeze if your child has food allergies. Have your child bring a bagged lunch to school every day, and avoid sharing food, napkins and utensils with their peers. Be sure to inform your child's teacher, school nurse and coaches of their food allergy. Some foods, like peanuts, can produce a severe histamine reaction called "anaphylaxis" that can cause suffocation. This life-threatening allergic reaction can only be stopped with an injection of epinephrine and sometimes a second injection is necessary. Suggesting an allergen-free snack policy at your child's school can also help eliminate food allergies in the classroom.
- **Red Rover Send Asthma Right Over** Common school activities, physical education exercises and playground games can trigger exercise-induced bronchoconstriction (EIB). If your child has difficulty breathing during or after exercise, they could have EIB or asthma. Be sure to see an allergist for diagnosis and inform your child's teachers of their symptoms and medications. Your child's symptoms can also be tracked via an online journal at MyEIBJournal.org.
- **Make New Friends and Keep the Furry Ones Away** While the classroom pet can teach your child about responsibility, it can also cause allergy and asthma flare-ups. Talk with your child's teacher about housing a furless pet, such as a fish, frog or turtle. Peers with pets at home might carry dander on their clothing, triggering symptoms for your little one. Advise the teacher and ask for a new

Coming to the ACT Clinics?

Please be advised that our Infection Control Policy remains **STRICTLY** in place at all our locations.

- Only the patient (or one parent with a minor child) will be allowed to come into the office for appointments or allergy injections.
- Every patient (or parent) must wear a face mask or some type of face covering while in the clinic.
- Each person entering the clinic will be asked screening questions at the front door.
- Your temperature will be taken before admittance into the lobby is permitted.
- We ask that you maintain Social Distancing (minimum 6 feet apart from other patients) while in the clinic.



Holiday Closing



**We will be closed on Monday September
7th for Labor Day**

Contact Us

Give us a call for more information about our services.

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