

family | healthy child



Avoid School Allergies

Heading back to class after a fun summer is tough enough for kids—and the pollens and molds of fall can make it even tougher. Help prevent asthma and allergy flare-ups in your child with these precautions from the American College of Allergy, Asthma and Immunology. **Visit an allergist.** Make sure your child's symptoms are under control or, if she's never been tested, find out what triggers her allergies so she can be properly treated. **Talk to her teacher.** School staff should be informed about your child's treatment plan and symptom triggers so they can help by removing animals from the classroom or watching for shortness of breath in gym class. **Prep for emergencies.** Your child should be permitted to keep inhaled medications with her at school, and kids who are at risk for anaphylaxis should have an epinephrine kit.