



Children's Claritin Back-to-School Allergy Tips

1. Be sure to have Children's Claritin, the #1 pediatrician-recommended non-drowsy allergy brand, on hand!
2. Multi-vitamins are building blocks to having a strong immune system. Make taking a multi-vitamin part of your child's daily routine.
3. Let there be light! Mold doesn't like sunlight, so try to keep your curtains open during the day. Should be easy during the summer months!
4. Did you know that most pillows trap allergens, dust mites, and bacteria? Monitor the cleanliness of the pillow your child with allergies sleeps on and replace if necessary.
5. Back to school season means lots of laundry for many moms. Be sure to remove laundry from the washing machine promptly. Allowing wet clothes to sit in the washer means mold can quickly grow there.
6. Monitor pollen counts and adjust outdoor before and after school activities accordingly. Dry, windy days can be particularly high in pollen.
7. Showering or bathing at the end of the day as opposed to the morning can be helpful in removing allergens from body surfaces and hair.
8. Stay hydrated! Always send your child to school with a bottle of water. Drinking lots of clear fluids through the day can help get rid of toxins and flush out body.
9. Peak pollen production typically occurs in early morning, so try to plan outside activities at other times of the day.