



From the School Nurse's Desk

Family Reproducible

Dear Family,

Knowing whether your child's stuffy nose is caused by a cold or seasonal or indoor allergies is sometimes difficult to determine. The symptoms for each may appear similar and your children may not be able to describe the differences.

That is why we would like to share a valuable tool with you and your family. The **Cold vs. Allergies—How Can You Tell?** chart below is an easy-to-follow reference tool that can help you recognize symptoms early on, before you have an opportunity to check with your family pediatrician.

Whether at school or while enjoying the great outdoors, kids need to be alert to be fully active and participate. Allergies can spike during heavy pollen seasons, but many kids suffer all year long. **Seasonal or indoor allergies, such as pet allergies, affect up to 40 percent of American children and cause them to miss up to two million school days each year.** This causes a significant impact on school performance, participation in sports, and enjoyment of daily life.

Review the **Cold vs. Allergies** chart to better understand the differences between allergies and colds, and to help your child stay clear and focused at school and at home!

From your child's School Nurse: _____

Clear Signs: Cold Versus Allergies—How Can You Tell?

Allergy symptoms can look like a common cold. Watch for these symptoms in your child/children.

SYMPTOM	ALLERGY	COLD
<i>Itchy</i> ears, eyes, nose	✓	
Sneezing (violent & prolonged bouts) (occasional)	✓	✓
Weakness, fatigue	✓	✓
Runny nose (watery and clear) (thick, white or yellow to green)	✓	✓
Aches, pain		✓
Symptoms often last weeks to months	✓	
Symptoms often clear up in 7–10 days		✓
More common in spring or fall	✓	
More common in winter except in southwest U.S.		✓

Clear Up the Confusion!

- ✦ The length of your pet's fur is not a factor in allergies. Pet allergies are due to a protein found in skin or saliva.
- ✦ Allergies can distract your child during school, inhibiting concentration and affecting his/her performance.
- ✦ **Children's Claritin®** is the **ONLY** one that provides non-jittery, non-drowsy allergy relief*. And it lasts all day.
- ✦ The ingredient in Children's Claritin® is the **only** over-the-counter antihistamine that has been approved by the FDA as being safe and effective for use in children ages 2 and up.***

For more information about the symptoms and causes of indoor and outdoor allergies, visit www.claritin.com.



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*Among leading OTC children's brands.

**Reference: IMS National Disease and Therapeutic Index: Diagnosis July 2005–June 2006.

***When used as directed.

Children's
Claritin
Allergy Products

**#1 Pediatrician-Recommended
OTC Brand for Allergic Rhinitis.****