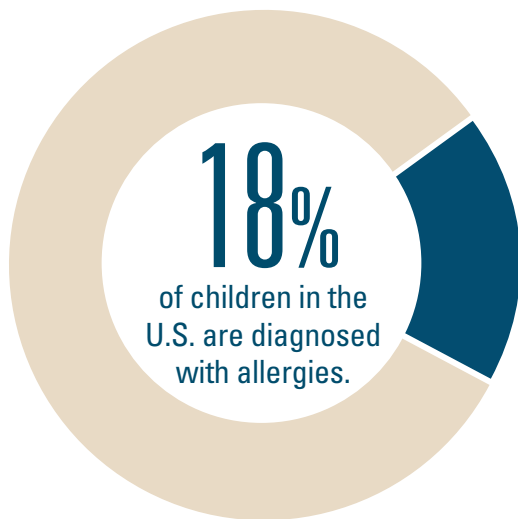




## CHILDHOOD ALLERGIES: BE AWARE SO YOU CAN PREPARE



### MOST COMMON CONDITIONS INCLUDE:

**47**

10,000 CHILDREN

**ANAPHYLAXIS**  
severe allergic reaction characterized by a sudden drop in blood pressure and difficulty breathing

**500**

10,000 CHILDREN

**DERMATITIS**  
inflamed skin or skin rash

**940**

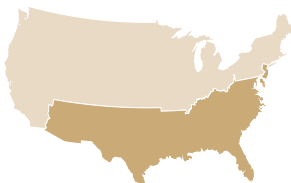
10,000 CHILDREN

**RHINITIS**  
runny, stuffy nose

**BUT ALLERGIES DECREASE AS CHILDREN GET OLDER – ESPECIALLY AMONG BOYS**

#### RHINITIS

**GREATEST IMPACT IN THE SOUTHERN STATES**



**PEAKS IN SPRING AND FALL**

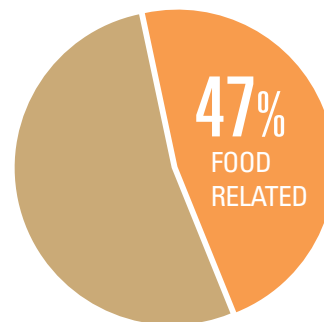


#### TRIGGERS

PLANTS, POLLEN, AND DUST



#### ANAPHYLAXIS – MOST SEVERE ALLERGIC REACTION



#### COMMON TRIGGERS

- 22%** PEANUTS
- 15%** TREE NUTS & SEEDS
- 6%** MILK & EGGS

#### DERMATITIS

#### TRIGGERS

LAUNDRY DETERGENT/SOAPS, MAKEUP, CLOTHING AND JEWELRY/METALS



To read the full report on Childhood Allergies, [click here](#).

**PARENTS: IF YOUR CHILD IS DIAGNOSED AT RISK FOR ANAPHYLAXIS...**

## BE PREPARED

### 1 KNOW AND AVOID TRIGGERS

Talk to your child's doctor about visiting an allergist who can review your child's medical history and, if necessary, conduct diagnostic tests.

### 2 BE ABLE TO RECOGNIZE ANAPHYLAXIS SYMPTOMS

Symptoms may include trouble breathing, hives or swelling, tightness of the throat, hoarse voice, nausea, and vomiting. ●●●●●●●●●●▶

### 3 HAVE AN EMERGENCY PLAN

- Carry a self-injectable epinephrine pen at all times.
- Inject promptly if your child has an allergic reaction.
- Complete an Anaphylaxis Action Plan to keep at home and on file at your child's school, camp, work, and other places.
- Teach family and friends how to help in an emergency.