



FALL BACK-TO-SCHOOL ALLERGY & ASTHMA GUIDE

Fall 2017

Philadelphia, PA - Board-certified pediatric allergists at The Asthma Center prepare parents and children for safely returning to school.



www.AsthmaCenter.com



School Allergy & Asthma Action Plan

An allergist approved roadmap to share with school & extra-curricular administrators & staff.



School Lunches & Food Allergies

Prepare a Food Allergy Action for students with food allergies and oral allergy syndrome.



Sports Asthma & Kids

Safely participate in athletics, from experts who treat Philadelphia's professional athletes.



Fall Flu Shots

It's never too early to protect your kids.

The Asthma Center is the Delaware Valley's premier allergy & asthma practice with nine offices throughout Philadelphia and South Jersey.

Board-Certified Allergists & Immunologists

Decades of Medical Experience

Advanced In-House Diagnostics

Needle-Free Testing & Treatments

Customized Treatment Plans

Official Source of Pollen, Ragweed and Mold Counts in Delaware Valley

Leading Medical Researchers

24-Hour On-Call Medical Help



Penn Medicine
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School Allergy & Asthma Action Plan

All parents want their children to start the new school year off on the right foot. For parents of children with allergies and asthma, getting ready for the first day of school can be overwhelming. No two children are alike, so a detailed **Allergy & Asthma Action Plan** tailored to each child's unique history and diagnoses can help ease the process of returning to school.

A written Allergy & Asthma Action Plan should include:

Medical history & current diagnoses, including any allergies and asthma

Current medication, including instructions for any taken at school

Allergy & asthma triggers and symptoms, including how your child describes symptoms

Clear instructions for an escalation of symptoms or an emergency

Did You Know?

Needle-free allergy testing (Multi-Test) is perfect for young kids!

At The Asthma Center, board-certified pediatric allergists meet with parents and children to help them get ready to return to the classroom. The first step is correctly diagnosing allergies and asthma in the office and then reviewing triggers, symptoms, and the corresponding avoidance and treatment measures with your physician.

Be sure to distribute and discuss your child's **Allergy & Asthma Action Plan** with your child, your child's teachers, school nurses, coaches, and other school or extra-curricular personnel who will care for your child.



Roughly 4 of 10 kids have allergies!

Special Tip for Parents

If your child is new to a school, classroom, or extracurricular activity, tour the school and or facility to identify any potential allergy or asthma triggers. If you identify new environmental exposures for your child, make an appointment to discuss these potential triggers with your child's allergist.



School Lunches & Food Allergies

For students with food allergies or oral allergy syndrome, a **Food Allergy Action Plan** is an essential addition to the standard action plan for a safe and healthy school experience. Once a triggering food is identified, the best prevention is avoidance. A discussion with school administration or staff may be necessary to discuss how children can avoid exposure to their triggers in the school environment.

To minimize stress while kids with food allergies are at school, provide multiple copies of your child's **Food Allergy Action Plan** to school personnel and show school staff how to administer auto-injectable epinephrine.

Roughly 2 kids in every classroom have food allergies!

Special Tip for Parents: Provide *as many details as possible* on how to recognize your child's food allergy to teachers and other relevant school staff. This is particularly crucial if your child tends to describe their food reactions using words adults might not expect. This is very common. For example, a child might say "It feels like there are bugs in there" to describe an itchy throat, nose, eyes or ears, and sometimes critical time is lost when adults do not recognize that a reaction is occurring.

Fall Seasonal Allergies & Food Allergies: Oral Allergy Syndrome

- Kids experience allergic reaction to eating fruits & vegetables because of associated seasonal allergies, including itching and swelling around the lips and mouth
- Common allergy associations between foods and pollen: apple sensitivity with birch pollen allergy and cantaloupe, honeydew, watermelon, and banana sensitivity with ragweed pollen allergy
- Effective treatment with allergy shots.



Food Allergies

- The majority of people with food allergies develop symptoms before age 2.
- In young children, milk, eggs, peanut, soy and wheat are the main culprits.
- In teenagers and young adults tend to have problems with peanuts, tree nuts, shellfish and fish.

A physician approved and signed Food Allergy Action Plan should include:

All points in the Allergy & Asthma Action Plan, if not included as a supplement

All food allergies and triggers

Step-by-step treatment recommendations for allergic reactions and/or anaphylaxis in the case of accidental exposure

Emergency contact information.

Visit www.foodallergy.org/faap for a sample!



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Sports Asthma & Kids

Physical activity is especially important for children. Having a **Sports Asthma Action Plan** is essential to making sure that students and athletes can safely participate in all athletic activities. To avoid potential misunderstandings and/or delay in treatment, make sure there is clear communication of the sports asthma action plan between children, parents, coaches, teachers, and school nurses.



Asthma is a common problem affecting millions of children. With proper diagnosis and treatment, it's very manageable!

Typical symptoms of exercise-induced asthma include:

Coughing

Chest Tightness

Wheezing

Fatigue

Shortness of Breath

Difficulty Finishing Work-Outs or Sports Games

Understanding and communicating the **Sports Asthma Action Plan** is crucial in managing sports asthma for kids and can include pre-exercise treatment, maintenance treatment, warm-up or cool-down exercises, conditioning, and access to quick-relief medications. Please contact your asthma specialist with any questions.

Play With The Pros

Professional athletes have asthma too!

The specialists at The Asthma Center have treated active and retired players from every major sports team in Philadelphia.



Fall Flu Shots - What Parents Need to Know

Children are a particularly vulnerable group when it comes to the flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone *6 months and older* get the flu shot every flu season.



What If My Child is Afraid of Needles?

The Asthma Center physicians and staff have years of experience in providing the best care including vaccines, allergy shots, and allergy skin testing to children of all ages, including those who are afraid of needles. We know that no two individuals are alike, and we take pride in tailoring and providing personalized care in a safe, comfortable, and compassionate environment.

Even though there is a FDA approved nasal spray flu vaccine, the CDC recommends not using it for the 2017-2018 season due to concerns about its effectiveness in previous years.

No-appointment, walk-in flu shots are available at all of The Asthma Center locations.



The board-certified pediatric allergists and asthma specialists at The Asthma Center treat patients at 9 locations throughout Delaware Valley.

Call 215-569-1111 or visit asthmacenter.com to schedule an appointment today.

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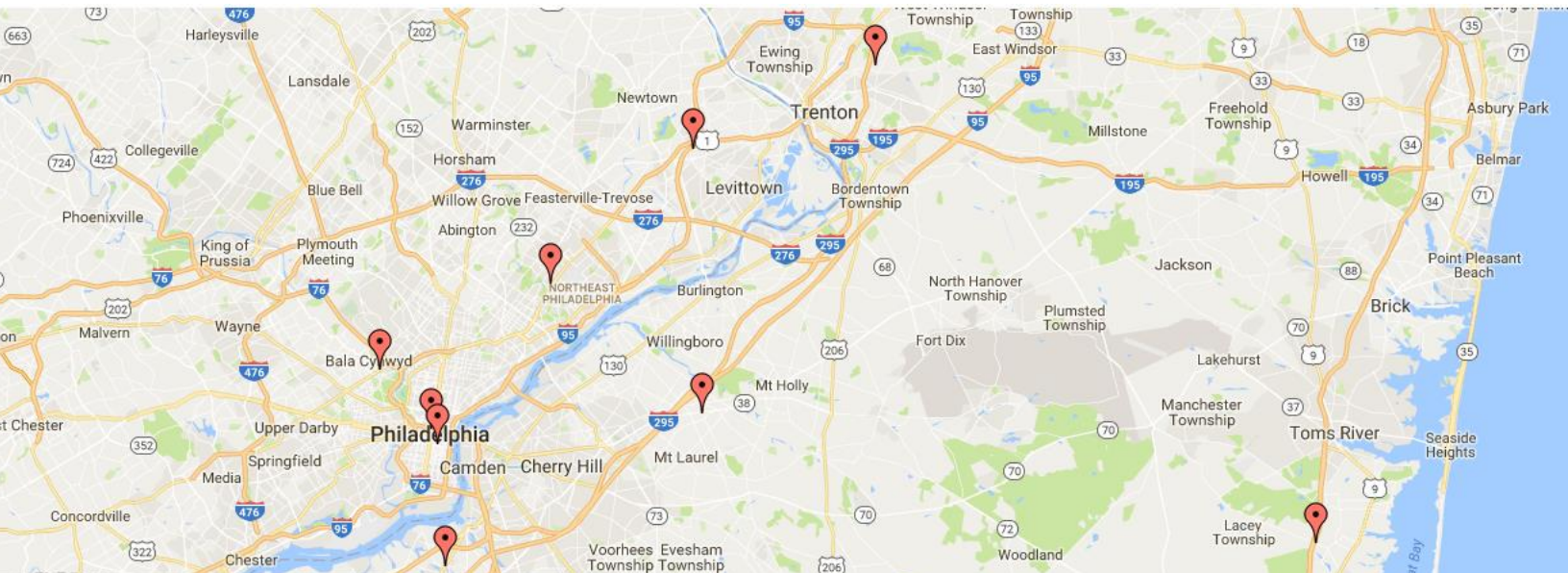
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For further information, please email Gaille at gwoodlyn@asthmacenter.com.