Hay Fever

You or your child has hay fever. In spite of its name, there is no fever. It cannot be passed from person to person. It is an allergic reaction to particles in the air. It cannot be cured but can be controlled.

SYMPTOMS

- Sneezing.
- Red itchy eyes.
- Itching of the roof of the mouth.
- Tearing.
- Scratchy sore throat.

CAUSES

Hay fever is caused by **allergens**. Allergens are things such as pollen, pet dander, etc. These set off the immune system. This causes the body to release allergic antibodies. Through a chain of events, the body eventually releases **histamine** (hence the use of ***anti*histamines**) into the blood stream. Although meant to protect the body, it is this release that causes discomfort. Skin or blood testing may determine which allergen causes this.

ALLERGEN EXAMPLES

- Ragweed.
- Feathers.
- Animal dander.
- Grass pollens.
- Cigarette smoke.
- House dust.
- Pollution.

TREATMENT

- Hay fever may often be treated with simple over-the-counter medications.
- If these medications do not work, there are other medications your caregiver can prescribe.
- **Make sure you follow up with your caregiver if problems continue.**

SEEK IMMEDIATE MEDICAL CARE IF YOU NOTICE:

- Swelling of the tongue or lips.
- Trouble breathing.
- Lightheadedness or passing out.
- Cold sweat.

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