

AAAAI

AMERICAN ACADEMY OF ALLERGY  
ASTHMA & IMMUNOLOGY

# All About Allergies

*A book about allergies for kids.*

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# For caregivers of children with allergies...

*Allergies are the immune system's reaction against a normally harmless substance, called an allergen.*

*Here's a checklist to follow in controlling your child's—and possibly your own—allergies:*



## **For allergies to pollens and outdoor molds—**

- In warmer months, keep windows and doors closed and use air conditioning to clean and dry the air indoors.
- Remove outdoor clothes and take a shower after being outdoors on high pollen and mold count days.
- Dry clothes in a dryer rather than hanging them outside where pollen and mold can collect on them.

## **For allergies to dust mites—**

- Wash all bedding frequently in hot water, and encase pillows and mattresses with allergen-free, zippered coverings.
- Remove wall-to-wall carpeting, stuffed animals, books and upholstered furniture, especially from the bedroom.
- Dust mites love humidity, so keep it to below 50% in your home.

## **For allergies to animals—**

- Do not keep animals that trigger your symptoms in your home. If you do, keep them out of rooms you spend a lot of time in, especially the bedroom.
- Animal allergens are airborne. Clean your home well, and use a HEPA filter to clean the air.

## **For allergies to cockroaches—**

- Continuously clean your home and frequently take out the trash.
- Seal openings where cockroaches could enter, seal leaky pipes and dry out your basement.
- Store food in airtight containers, and don't leave pet food out.

## **For allergies to indoor mold—**

- Dehumidify your home with air conditioning and/or a room dehumidifier.
- Use a solution of 5% chlorine bleach in water or a cleaning agent with bleach to clean areas where mold grows, such as the shower.
- Dry clothes and linens thoroughly before storing.

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“Hi Susana!” said Thomas. “Do you want to go to Mr. Garcia’s garden with me? He needs help planting.”

“Achoo! Achoo!” sneezed Susana. “I’m not feeling very well right now. But I could go in a little while.”

“Why are you sneezing so much?” asked Thomas.

“I have allergies,” Susana said. “And I forgot to take my medicine when I got up this morning. Do you want to come in for a little while?”

“Sure!”

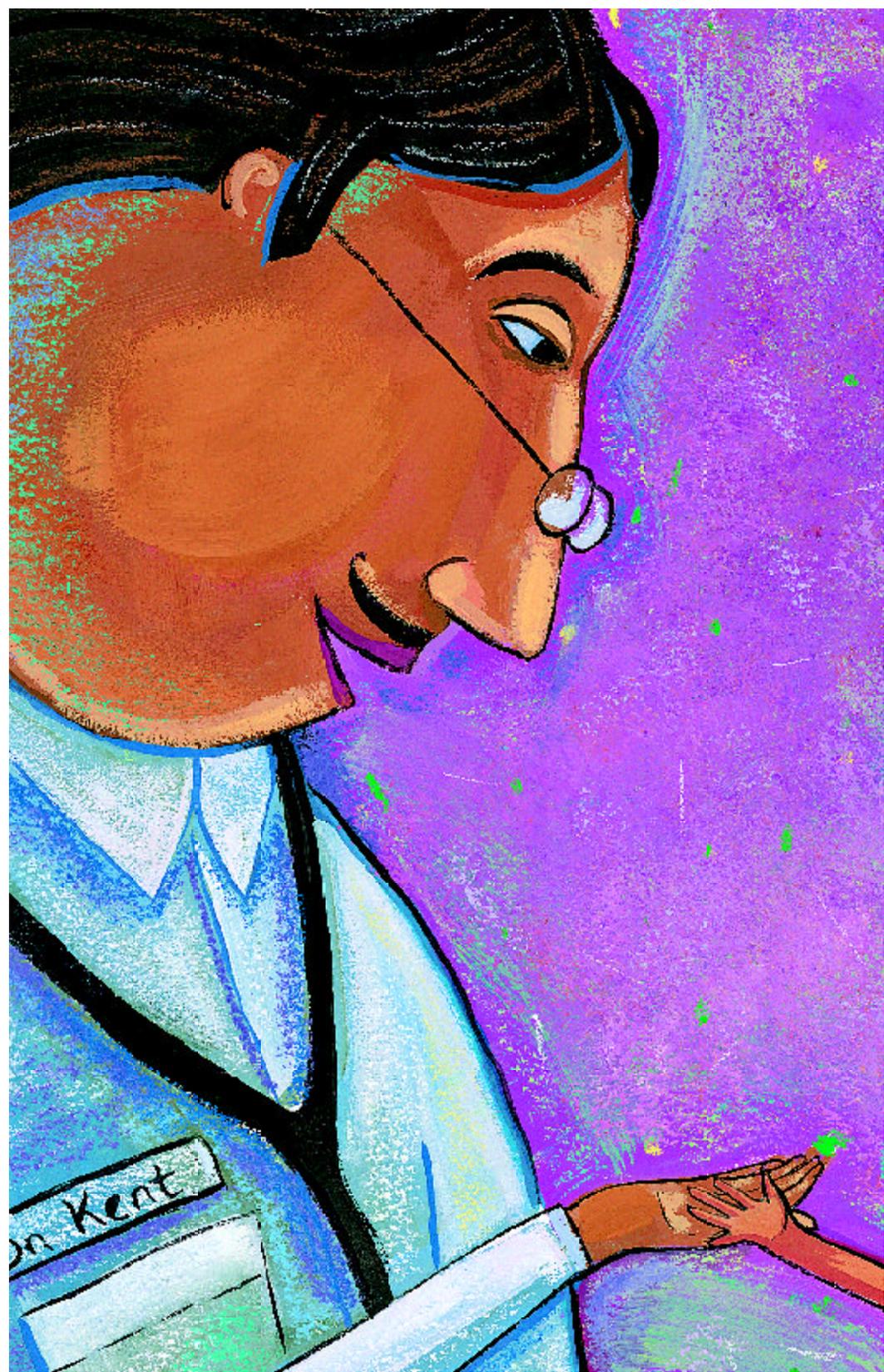




“What are allergies?” asked Thomas.

“Allergies make people sneeze and itch. They happen when your body reacts to something ordinary that doesn’t bother everyone else. Lots of people have allergies,” said Susana. “I was sneezing and itching so much that my Mom got worried and took me to see Dr. Kent. He’s an allergist.”





“What’s an allergist?” asked Thomas.

“Allergists are special doctors. They can tell what makes people sneeze and itch and help them to breathe better if they’re having problems.”

“How?” asked Thomas.

“Dr. Kent scratched my skin as a test. Then some red spots swelled up. The spots helped him tell which things give me allergies.

“Did the test hurt?”

“No—it just itched.”



“Dr. Kent found out that pollen from trees and weeds gives me allergies.”

“What is pollen?” asked Thomas.

“It’s that yellow stuff on plants. It’s so tiny that it can float in the air. You can breathe it in and it can get in your eyes. It makes some people sneeze and itch. It even keeps some people from breathing right.”

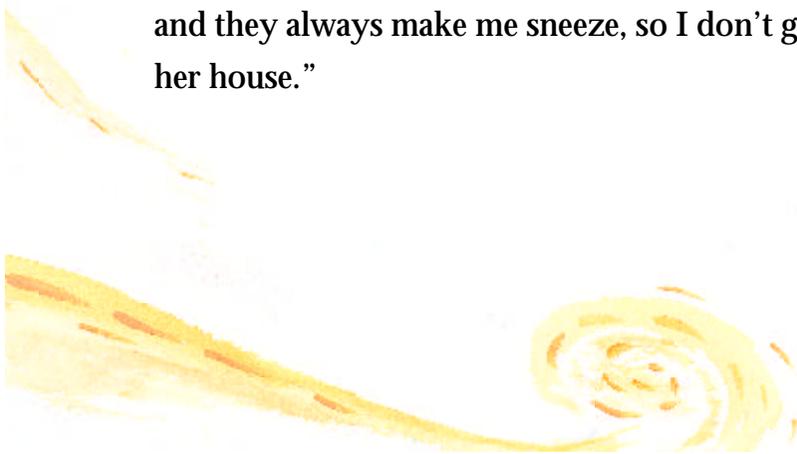




“I’m allergic to cats, too”, said Susana.

“Do cats have pollen?” asked Thomas.

“No, silly, but they lick themselves. Then their dandruff and spit get in the air. My Aunt Nina has cats and they always make me sneeze, so I don’t go over to her house.”

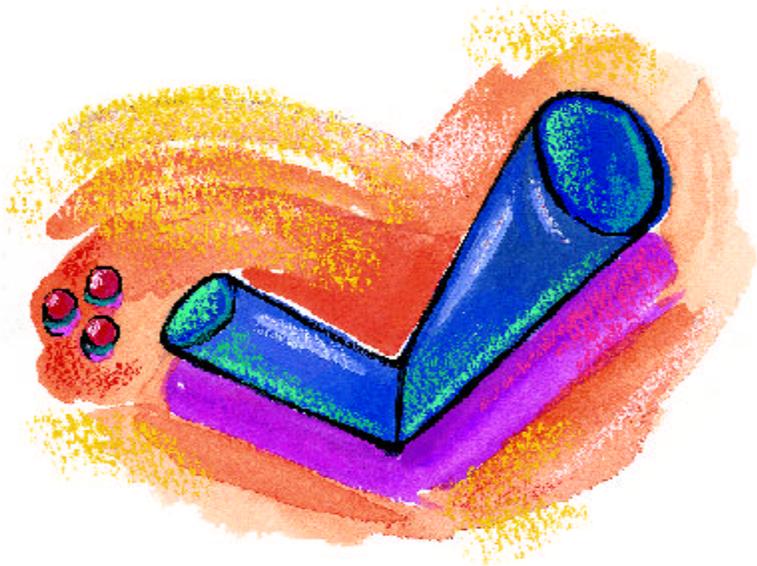




“Now that we know what I’m allergic to, Dr. Kent is helping me. He gave me some medicine that I take every morning. And he gave me an inhaler to use when I can’t breathe right. The medicine helps, but I have to remember to take it!” Susana said.

“Dr. Kent also gives me an allergy shot once a week. That helps my body get used to the pollen little by little. Dr. Kent said I won’t even sneeze when I’m outside after awhile,” said Susana.

“I like Dr. Kent. He helped me stop sneezing.”





“But I still can’t go near cats. Because my Aunt Nina has cats at her house, I can’t visit her. But she can visit me. Last week she brought me two goldfish!”

“Wow! Can I see them?”

“Sure. And in a little while, we can go to Mr. Garcia’s garden.”

“Yeah, by that time my medicine will be working. With the help of Dr. Kent and my medicine, I’ll feel fine.”



For more allergy information for kids, visit the  
Kids' Page on [www.aaaai.org](http://www.aaaai.org).

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