



HOW TO KEEP YOUR CHILD SYMPTOM-FREE IN SCHOOL

One challenge most parents of children with nasal allergies face is how to keep their children symptom-free while they're in school. Even though you won't have total control, you can take steps to help make sure your child feels better.

Preparation is the key! Communicate with school staff to help them prepare to handle your child's nasal allergy needs. Take these simple actions to work with your child's school:

- **Meet with the school nurse.** A school nurse's job is to manage the health needs of a school's students. He or she can be your partner in caring for your child. If your child's school does not have a nurse, then meet with the principal or administrator.
- **Put it in writing.** Describe your child's allergies in detail. Make sure you include your child's nasal allergy management plan. List early warning signs. Write down

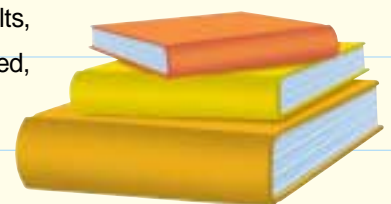
any emergency instructions. Include your emergency contact numbers, along with those of two backup people, in case the school can't reach you.

- **Talk with your child's teachers and school staff.** Discuss specific ways they can help your child avoid triggers. For instance, a child allergic to dust should be seated away from the chalkboard. Children allergic to pets should not handle furry animals.
- **Stay in the loop.** Ask the school to tell you if any renovation is planned during the school year. If your child is allergic to fumes and dust, activities such as replacing carpets, painting, and sawing wood can make symptoms worse.
- **Bring a set of medications to school.** Be sure to include detailed instructions on how to use them. Follow the school rules on medicine carefully.

Important Information about RHINOCORT AQUA:

RHINOCORT AQUA is for the treatment of seasonal and year-round nasal allergy symptoms in adults and children 6 years and older. For best results, use RHINOCORT AQUA daily. Overall, side effects can include nosebleed, nasal and throat irritation, and cough.

Please see accompanying full Prescribing Information.



Don't be afraid to advocate for your child! The school staff have many children to care for. Your child may not be their first priority unless you call attention to his or her needs.

The law requires schools to provide a safe environment for all students. But some staff may not be sure how to do this for a child with allergies.

Most schools are more than willing to work with parents to ensure student health and safety. If you do not get the support you need, contact your state department of education. Your "take-charge" attitude can make a difference!

If your older child is going off to college, be sure he or she knows how to take responsibility for his or her own health. Teach your child how to minimize exposure to triggers, and make sure he or she knows what to do in case of a flare-up of allergy symptoms.

Here are some suggestions:

- **Teach your child how to clean.** This includes dusting, vacuuming, and getting rid of old food and dirty dishes.
- **Make sure your child knows to wash bed linens and towels weekly on a hot setting to get rid of dust mites.**
- **Discuss how he or she might handle situations where there is cigarette smoke.**
- **Teach your child healthy lifestyle habits such as healthy eating, regular exercise, frequent hand washing, and not smoking. Talk with your child's health care provider about the need for a yearly flu shot. A healthy body is better prepared to deal with nasal allergy symptoms.**

ASK THE EXPERTS

Question: Is it true that allergy testing is not accurate for young children?

Allergy testing can be used for all ages of children and adults. Although no allergy test is 100% accurate, age is not a factor. The key is that testing is done—and the results interpreted—by a board-certified allergist. If you think your child might benefit from allergy testing, talk with his or her health care provider.