

Health Bulletin

Is That Sniffle an Allergy or a Cold?

(NAPSA)—It's that time of year again. Your child is sniffing and sneezing, but is it a cold or allergies? Often, it can be hard to tell the difference.

Allergies occur frequently in children but sometimes parents remain unaware because it is easy to confuse the symptoms with a common cold.

The American Academy of Allergy, Asthma and Immunology (AAAAI) describes cold symptoms as nasal discharge or congestion, fever, aches and pain.

These symptoms are usually exhibited slightly at first, get worse within a couple of days, and then diminish in under a week.

Allergies on the other hand, come with symptoms which begin quickly and include a runny nose, sneezing, wheezing, watery or itchy eyes, sore throat and a cough that may be worse at night and in the morning.

Symptoms can remain all season or all year depending on whether your child has seasonal allergies caused by pollen or perennial allergies, which are usually caused by indoor pollutants such as dust mites, pet dander, tobacco smoke and molds.

Here's how you can help:

- Keep the windows closed in your car and home, especially on days when forecasts call for medium or high pollen levels. You can check the pollen count in your area at www.cadr.org.

- Limit outdoor activity in the early morning, when pollen counts are usually highest.

- Do not hang your laundry outside to dry as pollen may collect. Instead, use a clothes dryer.

- Take a shower before bedtime to help remove allergens.



When buying an air cleaner, know the square footage of the room you want to treat. You'll want one that's large enough for the room.

Another option for reducing allergens in the air is to place a room air cleaner in your child's bedroom.

According to a recent study conducted by the Association of Home Appliance Manufacturers (AHAM), 38 percent of all air cleaner purchases were made to improve the health of self and other adults and children in the household; 57 percent of air cleaner owners believe that their air cleaners have had a large impact on the quality of indoor air.

Before purchasing an air cleaner, know the square footage of the room you want to treat. You'll want to select an air cleaner that's large enough for the room you're treating.

Also, consider air filtering efficiency. Look for the Cleaner Air Delivery Rate (CADR) seal on the product packaging. The seal indicates that the unit has been tested for its performance and shows how well an air cleaner reduces pollutants such as tobacco smoke, pollen and dust.

To learn more, visit www.cadr.org or call 800-267-3138.