

Dr. Mary's Corner



APRIL'S Healthy Habit

Welcome to Dr. Mary's Corner. Each month vDr. Mary Mason, founder of Little Medical School discusses a Healthy Habit that you and your family can practice! Seasonal allergies are becoming a lot more common in the United States, and are especially prominent this time of year. Symptoms can include itchy eyes, runny nose, wheezing, and sneezing attacks. This month, Dr. Mary discusses Healthy Habits that your children can practice to reduce the symptoms of their seasonal allergies.

Be thoughtful about outdoor time!

- check the local pollen count
- dry and windy days can be the worst
- grass and pollen tend to peak in the morning so plan outdoor time in the afternoon

Wash up after outdoor time!

- pollen can stick to fabric and spread throughout your home
- prevent this by making sure your kid washes up and changes clothes after their outdoor time

Buy quality tissues!

- if your child is constantly blowing their nose, that skin can start to become dry and sore
- look for tissues with aloe or lotion in them to help with a sore nose

Talk to your pediatrician!

- if symptoms become severe, talk to your pediatrician or family practice doctor
- allergy medicine can take several days to start working
- make sure your child takes allergy medicine consistently once symptoms arise

Be cautious about opening windows!

- this can let pollen and other allergens inside your home

Try a cold compress!

- itchy eyes are a common allergy symptom
- try resting a cold compress over the eyes, this can sometimes help reduce the itch

Gargle with warm salt water!

- if they have a sore throat, gargling with warm saltwater may ease the pain

To learn more about April's Healthy Habit visit
www.littlemedicalschool.com/dr-marys-corner

