

WHEN TO SEE A DOCTOR

If symptoms are frequent or affecting daily life

If your child has trouble breathing, widespread rash, or swelling

After an insect sting or medicine causes unusual symptoms

For assessment and possible allergy testing



MYTH BUSTERS

• Myth: Allergies only start in infancy.

Fact: Allergies can appear at any age.

• Myth: All rashes mean allergies.

Fact: Many rashes are from viruses or irritants, not allergies.

When in doubt, reach out.

Concerned about your child's symptoms? Reach out to our practice for guidance, allergy testing referrals, or help managing reactions.



ALL ABOUT ALLERGIES!



WHAT IS AN ALLERGY?

An allergy is when the immune system overreacts to something harmless—like dust, certain foods, or pollen—treating it as a threat. This can lead to sneezing, rashes, tummy upset, or more serious symptoms.

CAN WE PREVENT ALLERGIES?

- Breastfeeding may reduce early allergies
- Introduce common allergens early (4-6 months), under guidance
- Avoid overuse of antibiotics unless needed
- Minimize exposure to smoke and pollution

WHAT CAUSES ALLERGIES?

- 1 Foods like peanuts, milk, eggs, seafood
- 2 Pollen, grass, dust mites
- 3 Pet dander (fur)
- 4 Certain medications, chemicals and materials



WHAT ARE THE SIGNS OF ALLERGIES

Sneezing, runny or stuffy nose

Itchy eyes or skin

Hives or eczema flare-ups

Coughing, wheezing or shortness of breath

Tummy pain, vomiting or diarrhoea

Swelling of the lips, tongue or face

ANAPHYLAXIS