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Going Back to School with Allergies or Asthma: What Parents Need to Know

TAMPA, Fla. – Aug. 3, 2017 – The first day of school can be an anxious time for parents and children. It is even more nerve wracking if you are sending a child back to class with severe allergies or asthma. However, there are some things parents can do to prepare, and ease some of those nerves.

First, start preparing in the days leading up to the first day of school. If you can, tour your child’s classroom and the school grounds in advance to identify any allergy or asthma triggers. Talk with your allergy specialist about things to look out for.

“Unfortunately, schools may make your allergic child sick due to dust mites, mold and cockroaches, which accumulate over the summer when the classrooms have been shuttered up, but also due to the start of the fall pollen season. It is important to diagnose your child’s allergies, but also to have a plan to control allergy and asthma symptoms when they flare up. If your child has not been tested, make an appointment, and schedule a test. Also complete the school medical forms and give permission for the school nurse to give an antihistamine and rescue inhaler if needed. If you suspect food allergies, it would be very important to have allergy testing before starting school to avoid life threatening reactions,” said Yoon Nofsinger, M.D., an Otolaryngic Allergy Specialist at Florida E.N.T. & Allergy.

Recess can also be a minefield for a child with allergies or asthma. Parents can check pollen counts to make sure their child takes the proper medication to control their symptoms. Also, ask the school staff to keep the windows closed indoors to keep pollen out. For kids with asthma, consider using a short-acting inhaler 15 minutes prior to any exercise, and make sure they’re drinking plenty of water.

Lastly, if you’ve already been to a specialist and had symptoms diagnosed, it is important to make sure your child is taking any medications as prescribed. Skipping them can lead to increased symptoms, and less time learning in the classroom.

For more information about Florida E.N.T. & Allergy call (813) 879-8045.

About Florida E.N.T. & Allergy:

The physicians of Florida E.N.T. & Allergy have served the Tampa Bay community for over 40 years. Formerly Tampa Bay E.N.T. and Tampa Ear, Nose and Throat Associates, we are three practices that have become one. From pediatric allergies to fitting hearing aids, our caring and

experienced physicians specialize in ear, nose and throat care for the entire family using comprehensive, cutting-edge technologies.

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