

MARCH

Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies who need specialized care.

Cold or Allergy?

As spring approaches, trees and flowers start to bloom and so do seasonal allergies. Often parents have a hard time knowing if their child has a cold or is suffering from seasonal allergies due to the similar symptoms. Can you tell the difference?

Cold symptoms

Cough, sore throat, congestion, sneezing, fatigue and occasionally body aches and a mild fever. A cold is caused by a virus, is contagious and lasts three to 14 days.

Allergy symptoms

Itchy eyes and a runny or stuffy nose with clear discharge, occasional fatigue, cough or a sore throat, but never a fever or body aches. Allergies can not be passed from person to person and tend to occur during the same time period each year.

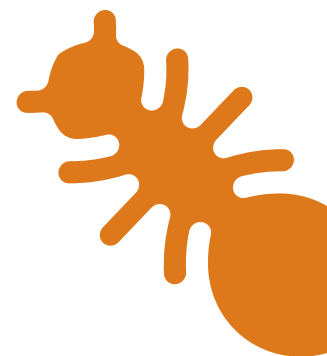
In the early spring allergies are caused by tree pollen in late spring, grasses are the culprit. The worst allergy symptoms occur during hot, dry or windy days when there is a lot of pollen in the air.

If your child does suffer from seasonal allergies there are a number of steps you can take to reduce his or her symptoms.

Tips for reducing allergy symptoms

- Wash bedding and stuffed animals once a week in hot water.
- Encase mattresses, box springs and pillows in allergy-proof covers.
- Keep pets outside. If they do come in the house, bathe them weekly and keep them out of your child's bedrooms.
- Limit items that collect dust such as knickknacks and heavy drapes.
- Store toys in air-tight plastic bins.
- Vacuum twice a week with a HEPA-filter vacuum.
- Change air filters monthly.
- Keep windows closed and use air conditioning in your home and car.
- After playing outside change your child's clothes.
- Avoid using ceiling fans.
- Stay indoors on high pollen count days.
- Have a no smoking policy in your home.

If your child's allergy symptoms are particularly bothersome, call your doctor to discuss additional ways to help your child through the allergy season.



*Sutter Roseville
Medical Center*

A Sutter Health Affiliate

With You. For Life.

sutterroseville.org