

# Allergic Rhinitis

- Hx: sneezing, itching of eyes / nose / palate, clear nasal discharge
  - Post-nasal drip (may cause sore throat), cough, irritability, fatigue
  - Young children may snort, click their palate, clear their throat
  - Increased if family or personal history of atopy
  - Uncommon in < 2 years old (need sensitization to allergens)
- PE: allergic shiners (dark baggy circles under eyes), Dennie-Morgan lines (accentuated folds under lower eyelids), allergic salute (child pushes nose up with hand) -> transverse nasal crease, boggy pale nasal turbinates, clear rhinorrhea, cobblestoning of the posterior pharynx
- Common allergens: pollens, dust mites, mold spores, cockroaches, animal dander – ask about potential exposures
  - Outdoor activity
  - Pets
  - Dust collectors in bedroom (stuffed animals, curtains)

# Allergic Rhinitis Therapy

## Antihistamines

- Cetirizine (Zyrtec) (1mg/mL)
  - 6mo-2yo: 2.5mg
  - 2yo-5yo: 5mg
  - 6yo+: 10mg
- Loratidine (Claritin) (1mg/mL)
  - 2yo-5yo: 5mg
  - 6yo+: 10mg
- Fenofexadine (Allegra) (30mg/5mL)
  - 2-11yo: 30mg BID
  - 12yo+: 180mg daily
- Diphenhydramine (Benadryl) not recommended due to sedating effects

## Intranasal Agents

- Glucocorticoid (available OTC)
  - Fluticasone 50 mcg (Flonase Allergy Relief): 4-11yo: 1 spray daily, 12yo+: 2 sprays
  - Fluticasone 27.5 mcg (Flonase Sensimist): 2-11yo: 1 spray daily, 12yo+: 2 sprays
  - Mometasone (Nasonex): 2-11yo: 1 spray daily, 12yo+: 2 sprays
  - Budesonide (Rhinocort): 6-11yo: 1 spray daily, 12yo+ 2 sprays
  - Triamcinolone (Nasacort): 2-5yo: 1 spray daily, 6yo+: start with 1 spray – can go to 2 sprays
- Antihistamines
  - Azelastine: 6mo-5yo 0.1%, 6yo+ 0.1 or 0.15%
    - 1 spray BID
  - Olopatadine: 6-11yo: 1 spray BID, 12yo+: 2 sprays BID
- Cromolyn (mast-cell stabilizer): 2yo+: 1 spray TID-QID
- Ipratropium (anticholinergic) 0.03%: 6yo+: 2 sprays per nostril BID-TID, reduces rhinorrhea

# Common Allergens

(Causing Allergic Rhinitis, Food Allergy, Contact Dermatitis, Urticaria, Anaphylaxis)

## Airborne

Pollens

Dust mites

Mold

Animal dander

Cockroaches

## Epi-Pen Dosing

- 0.15mL (Epi-pen Jr) for 15-30kg (33-66 lbs)
- 0.3mL for > 30kg

## Foods

Cow's milk

Eggs

Fish

Shellfish

Peanuts

Tree nuts

Soy

Wheat

Sesame

## Topicals

Dyes

Household

cleaners

Laundry

detergent

Fragrances

Soaps

Lotions

Plants / Grass

Nickel

## Medications

Penicillins

Sulfas

Anticonvulsants

NSAIDs

Chemotherapy drugs

[Anaphylaxis](#)

[Treatment](#)

# Tips to Reduce Allergen Exposure - Pollen

- After coming in from outdoors, bathe or shower (including washing hair), change into fresh clothes
- Have an air purifier in child's room
- Keep doors and windows closed
- Keep child away from freshly mown / mowing grass or tall grass
- Follow pollen counts online or through an app – stay indoors on high pollen count days
- Wear a mask on windy high pollen days

# Tips to Reduce Allergen Exposure – Dust Mites

- Dust furniture etc. regularly (without child present)
- Cover mattress, boxsprings, pillows in allergen-proof covers
- Wash bedding in hot soapy water regularly
- Reduce the number of stuffed animals kept near the child at night
- Wash stuffed animals, and if unable, place in hot dryer, or freeze overnight, to kill dust mites
- Use air conditioning and/or dehumidifier to reduce humidity in house to < 50%
- Preference hard flooring over carpets
- Use vacuum with HEPA filter
- Have heater and air conditioning ducts cleaned at least every 3 years