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### DID YOU KNOW?

TONY SARG, A CHILDREN'S BOOK ILLUSTRATOR AND PUPPETEER, DESIGNED THE FIRST GIANT HOT AIR BALLOONS FOR THE MACY'S THANKSGIVING DAY PARADE IN 1927. HE LATER CREATED THE ELABORATE MECHANICALLY ANIMATED WINDOW DISPLAYS THAT GRACE THE FAÇADE OF THE NEW YORK STORE FROM THANKSGIVING TO CHRISTMAS.

<http://www.history.com/topics/thanksgiving/thanksgiving-facts>

# NOVEMBER BRINGS:

ALLERGIES, RSV, AND THANKSGIVING SNACK IDEAS



## ALLERGIES PLAGUING YOUR KIDS?

Allergies and Asthma: What Every Parent Needs to Know, by the American Academy of Pediatrics.

Your child's allergy treatment should start with your pediatrician, who may refer you to a pediatric allergy specialist for additional evaluations and treatments. On page two you will find 7 tips on how to treat your child's allergies.

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## PROTECT AGAINST RESPIRATORY SYNCYTIAL VIRUS

RSV usually causes mild, cold-like symptoms. But it can lead to serious illness, especially for infants and older adults. On page three you will find advice on how to protect yourself and the children in your care against RSV.

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## THANKSGIVING SNACK IDEAS

Spice up snack time with these Thanksgiving treats on page 4.

# 7 Tips for Kids' Allergies

1. Allergies can feel like a cold, and symptoms can include runny nose, stuffy nose, itchy nose and/or eyes, and sneezing. Some children may also have headaches and/or fatigue. Allergy symptoms can get in the way of school, fun and family time. Ask your pediatrician about medications to manage allergies. Here are common treatments:

Antihistamines –Taken by mouth, they can help with itchy watery eyes, runny nose and sneezing, as well as itchy skin and hives. Some types cause drowsiness.

Nasal Corticosteroids - Highly effective for allergy symptom control and widely used to stop chronic symptoms. Safe to use in children over long periods of time. Must be used daily for maximal effectiveness.

2. Knowing what your child is allergic to can be an important step in finding the right treatment. Allergy testing should be performed to determine whether your child is allergic to any environmental allergens. Nasal allergy symptoms can be caused by a variety of environmental allergens including indoor allergens such as dust mites, pets, and pests as well as outdoor allergens such as pollen. Molds, which can be found indoors and outdoors, can also trigger nasal allergy symptoms.

3. An important step in managing allergy symptoms is avoidance of the allergens that trigger the symptoms. If your child is allergic to pets, the addition of pets to your family would not be recommended. If your child has allergy symptoms and is allergic to a pet that lives in your home, the only way to have a significant impact on your child's exposure to pet allergens is to find the pet a new home.

4. If your child is allergic to pests in the home, professional extermination, sealing holes and cracks that serve as entry points for pests, storing foods in plastic containers with lids and meticulous cleanup of food remains can help to eliminate pests and reduce allergen levels.

5. Dust mites congregate where moisture is retained, and food for them (human skin scales) is plentiful. They are especially numerous in bedding, upholstered furniture, and rugs. Padded furnishings such as mattresses, box springs, and pillows should be encased in allergen-proof, zip-up covers, which are available through catalogs and specialized retailers. Wash linens weekly and other bedding, such as blankets, every 1 to 2 weeks in hot water. (The minimum temperature to kill mites is 130 degrees Fahrenheit. If you set your water heater higher than 120 degrees, the recommended temperature to avoid accidental scald burns, take care if young children are present in the home.)

6. If your child is allergic to outdoor allergens, it can be helpful to use air conditioners when possible. Showering or bathing at the end of the day to remove allergens from body surfaces and hair can also be helpful. For patients with grass pollen allergy, remaining indoors when grass is mowed and avoiding playing in fields of tall grass may be helpful during grass pollen season. Children with allergies to molds should avoid playing in piles of dead leaves in the fall. Pets tracking in and out of the house can also bring pollen and mold indoors.

7. Ask your pediatrician about allergy immunotherapy. Immunotherapy, or allergy shots, may be recommended to reduce your child's allergy symptoms. Allergy shots are prescribed only for patients with confirmed allergy. If allergen avoidance and medications are not successful, allergy shots for treatment of respiratory allergies to pollen, dust mites, cat and dog dander, and molds can help decrease the need for daily medication.

# Protect Against RSV

## What is RSV?

Respiratory syncytial virus, or RSV, can cause severe lung infections, including bronchiolitis (infection of small airways in the lungs) and pneumonia (an infection of the lungs). Each year in the United States, more than 57,000 children younger than 5 years old are hospitalized due to RSV infection. Additionally, about 177,000 older adults are hospitalized annually in the U.S. with an RSV infection, and about 14,000 of them die from it.

## Know the Symptoms

Symptoms include: fever, reduced appetite, runny nose, cough, and wheezing. Call a doctor if you or your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms. RSV is most common during fall, winter and spring.

## Help Prevent the Spread of RSV

You can help protect yourself and others from RSV infection by following a few prevention tips:

### Wash your hands often

Wash your hands often with soap and water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs.

### Keep your hands off your face

Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.

### Avoid close contact with sick people

Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.

### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash afterward.

### Clean and disinfect surfaces

Clean and disinfect surfaces and objects that people frequently touch, such as toys and doorknobs. When people infected with RSV touch surfaces and objects, they can leave behind germs. Also, when they cough or sneeze, droplets containing germs can land on surfaces and objects.

### Stay home when you are sick

If possible, stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.

# THANKS GIVING SNACKS



Have the children create their own "turkeys" during arts and crafts time, then add some veggie straws to the cups for this healthy easy snack idea!



This easy snack idea is bound to get your kids gobbling at how good it is! Grab some colorful apples and a healthy dip and you've got a hit.



Create an apple turkey with your children using toothpicks, popcorn, cheerios, raisins, marshmallows and goldfish.