

The Allergy & Asthma Clinic

www.TheAllergyClinic.com

Andrew C. Engler, M.D.

290 Baldwin Avenue, San Mateo, California 94401

(650) 343-4597 FAX (650) 343-3402

Newsletter

www.theallergyclinic.com



Back to School Tips

We hope that the summer break has provided you and your children well-deserved time to play in the sand, breathe in fresh air and more importantly, spend time with loved ones. Many schools are now back to “in-classroom” teaching, which shows that we may be getting some semblance of “normal”. Starting school is an exciting time for children and parents, but it can also be a time of anxiety, especially for those with allergies and asthma.

Be prepared!

- Make it a point to have your child be seen for a follow-up by his or her pediatrician. During this time, the pediatrician can also update age-appropriate vaccines, including vaccines for COVID.
- Make sure that you have adequate medications for your child and update prescriptions as needed. All schools require forms to be filled out for medications (including whether the child can carry specific medications), so look out for these forms.
- For those with food allergies and asthma, make sure that action plans are current. Make sure that all school providers know about your child’s asthma and allergies, especially life-threatening food allergies and food reactions.

- Ask whether the school attendants are comfortable in identifying symptoms of anaphylaxis, as well as proper administration of an adrenaline-injector device.
- If your child with asthma will be participating in sports, make sure that their asthma is under the best possible control. Ensure that your child is taking all preventative medications as prescribed and that they have a rescue inhaler (such as Albuterol) on hand. If your child has not been consistent with preventative medications, they may be at increased risk for a flare-up, which in turn can lead to reduced participation in sports and more importantly, reduced ability to learn.
- Encourage your child to maintain adequate hydration while at school.

Common Allergy and Asthma Triggers

It is very important that your child’s allergies are accurately diagnosed in order to determine what allergens to avoid. If your child has not been allergy tested, now may be the time to have him or her undergo allergy testing to identify potential triggers.

Some of the more common allergic triggers in the classroom are dust mite, chalk dust, mold and animal dander. Pollen exposure is also a significant contributor to allergy and asthma flare-ups. While your child may not have control of what they are exposed to at school, make sure that they take a shower, rinse pollen out of their hair and change their clothes before they go to bed at night.

Considerations Regarding COVID 19

As much as we hate to admit it, COVID 19 is still amongst us. Make sure that your child’s school is up to date with the current COVID guidelines and do not be afraid to ask about the school’s disinfection procedures, social distancing protocols and how they plan to relay updates on potential exposures. Keep in mind, we are all in this together!

Lastly, if there has been a lapse in your allergy treatment because of summer travels, please call our office and speak with one of our clinical staff to help you get you back on track. For those young adults college-bound, and would like to continue allergy immunotherapy, please contact the Student Health Center at your child’s college to make sure that treatment can be continued at their facility.

Our office will be closed on Monday,
September 5, 2022 for the Labor Day