

PREP QUESTIONS FOR YOUR CONVERSATION WITH THE DOCTOR

Understanding your child's allergies can be overwhelming. It can help to think about what you want to cover with your child's doctor in advance. These questions can help you get started.

QUESTIONS ABOUT YOUR CHILD'S SYMPTOMS AND FAMILY ALLERGY HISTORY

Your doctor may want to know about your child's symptoms and who else in your family suffers from allergies.

- What allergy symptoms is your child experiencing? How long do they last? When did you first notice your child's allergy symptoms?

- Have you noticed any triggers for your child's allergy symptoms? Have you tried any medication to treat your child's allergies?

- Does anyone else in your family have allergies? Mum? Dad? Siblings?

QUESTIONS FOR YOUR CHILD'S DOCTOR

These are the types of questions you might want to raise when you discuss your child's seasonal or indoor allergies with your doctor.

- How do you know if my child has allergies?
- Are there specific allergens that may worsen my child's allergy symptoms?
- Once symptoms do go away, should I expect allergy symptoms to reappear in my child?
- Will my child show symptoms all year?
- In the future, how do I know if symptoms are allergies, or if it's something else, like a cold?
- Will my child's allergies ever get better or go away?
- Can I do anything to help manage my child's allergies?
- Should my child see an allergy specialist?

NOTES

Tracking allergy symptoms may also help your doctor. Download the Children's Allergy Symptom Tracker at www.claratyne.co.nz