

TIPS FOR PARENTS

HOW TO STAY ONE STEP AHEAD OF ALLERGIES

Tips on how to reduce allergies in your home

- Wash sheets in hot water
- Keep pets clean
- Turn off air conditioners in the house
- Keep windows closed during high pollen periods
- Have children wash their hands after petting any animal
- Use "mite-proof" bedding covers to limit exposure to dust mites
- Use a dehumidifier to control mold



HOW TO MAKE GIVING CHILDREN'S FLONASE[®] ALLERGY RELIEF EASIER

Since your child may not be used to nasal sprays, it's important to have a few tricks up your sleeve to make the process of giving them Children's FLONASE[®] Allergy Relief easier.

- Every time your child takes **Children's FLONASE[®] Allergy Relief**, reward them with something they like (eg, snacks, TV time, or playing outside) so your child associates taking their medicine with something positive
- Giving your child **Children's FLONASE[®] Allergy Relief** as part of their morning routine is a good way to make them more comfortable with taking their medicine
- Your child may forget how uncomfortable allergies can be, so remind them that **Children's FLONASE[®] Allergy Relief** helps defend them from the itchy, sneezy, feelings of allergies



Exact same product as FLONASE[®] Allergy Relief – Available in the Children's Allergy Section for ages 4+

