

Caring for
kids the
Premier way!



Call (302) 836-4440
to set up your child's
appointment.

Hours

Monday –Thursday
8:30AM to 8PM

Friday
8:30 AM to 4PM

Saturday
8:30AM to 1PM

Closed
Sunday

Premier Pediatrics
2600 Glasgow Ave.
Suite 213
Newark, DE 19702



To **quiz your allergy know-how** and learn the facts behind the sneeze, [click here!](#)

Visit our website

www.Premier4Kids.com

for more information
including other
online resources.

Call now to schedule your child's **camp physical!**

Managing Allergens at Home

It is officially allergy season. Your family doesn't have to suffer through their symptoms. There are simple steps you can take to making your home as allergen-free as possible. Allergies are triggered by tiny irritants you can't even see. Knowing the sources of these irritants means you can control their effects in your own home. Some common triggers are:

- **Dust mites.** Wash bedding in hot water (and dry completely) once a week. Wash stuffed toys in hot water and make sure they're totally dry before returning them to your child.
- **Pollen.** Using air-conditioning and keeping doors and windows shut are effective at keeping allergens out of your home. This will help your allergic child sleep better at night. Air conditioner filters should be cleaned regularly.
- **Furry friends.** Many kids suffer from pet allergies. If you cannot find another home for your pet, be sure to vacuum carpets and furniture once a week. Do this when your child is not around since vacuuming initially stirs up allergens.
- **Mold.** The easiest thing to do is prevent mold from growing, so be sure to fix leaks right away and turn on an exhaust fan or open the window when showering, cooking, or washing dishes. Use a dehumidifier that uses a HEPA filter. Clean the filter regularly. When you see mold, scrub it away with soap and water and let the area dry completely.
- **Cigarette smoke.** Do not smoke inside your home or in your car. Do not let others smoke around your child.



ah-Ah-AH-CHOO!

Did you ever notice that **you close your eyes every time you sneeze**? When the inside of your nose senses an irritant, a message is sent to your brain. Sneezing is your body's response to an irritation in your nose. There, your brain prepares all of the muscles that go into just one sneeze: your belly muscles, your chest muscles, and even your **eyelid muscles!**



Sincerely,

Premier Pediatrics

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The information contained on this sheet is for information purposes only and not intended to replace proper medical care. Always seek the advice of a trained health professional with any questions you may have about a medical condition. Any information received from this sheet is not intended to diagnose, treat, or cure any medical condition.