



GUIDE TO PROTECT YOUR CHILD FROM SEASONAL ALLERGIES

ABSTRACT

These are never words you want to hear from your child, especially not when they're battling an itchy, runny nose; and red, itchy eyes. With such similar symptoms to the common cold, identifying seasonal allergies in kids can be difficult at first.

To help determine if your child is indeed suffering from allergies, ask yourself: Do their symptoms linger well beyond the typical seven to 10 days you would expect from the common cold? If that's the case, your child may actually suffer from seasonal allergies, also known as hay fever or allergic rhinitis. Read on to find out more about how to tell if your child has seasonal allergies, what's best for children with allergies, and how to treat your child's allergy symptoms.

INTRODUCTION

Allergy symptoms may just seem like a nuisance to some, but if you've watched your child struggle with respiratory allergies, you know that they aren't quite that simple. Far from minor inconveniences, uncontrolled allergy symptoms — especially itchy eyes and a stuffy nose — can cause poor quality of life in children, according to research published in March 2016 in *Pediatric Allergy and Immunology*. If your child isn't sleeping well at night, feels unwell during the day, or is restricted in activities, it's important to work with a board-certified allergist to have your child tested for allergies and get the appropriate treatment.

I. Common Allergies in Kids to Watch Out For

Your child is not alone

An estimated 50 million Americans have allergies, according to the Centers for Disease Control and Prevention (CDC). These allergies usually show up in infancy or childhood. Allergies can get in the way of your child's ability to sleep well, play, and function in school. Here's what to look out for and how to determine if your child's symptoms may be an allergy.

Growing prevalence

The prevalence of skin and food allergies in American children jumped between 1997 and 2011. The rate of respiratory allergies, the most common type among children, remained stable during this period. The CDC data show varying prevalence by age, with younger children more likely to have skin allergies and older children more likely to have respiratory allergies. You may see skin symptoms in your little ones, and your older children may tend to hack and wheeze.



What happens

In an allergic reaction, your immune system kicks in to defend against what is considered a normal substance for most people, but isn't for your body. The allergen, or offending substance, can be food, pet dander, or pollen from grasses or trees. It can trigger a host of reactions. Your immune system will react as if it's fighting off a foreign invader.

The basic signs

Your child may have allergies if they have runny, itchy, red, or swollen eyes that persist for more than a week or two. The same goes for a runny nose. Are the symptoms chronic? Does your child say that their mouth or throat itches or tingles? Do they scratch their ears? The American Academy of Pediatrics says these may be allergy symptoms, possibly of hay fever or allergic rhinitis, the most common form of allergy among children. Note whether the symptoms recur at the same time of year, each year.



Check skin for allergies

The skin, the body's largest organ and part of the immune system, will sometimes react in protest to an allergen. Check your child's skin for eczema, which shows up as dry, red, scaly patches that itch. Watch for hives, which may also signal an allergy. These red welts on the skin can range in size. They can be as small as the tip of a pen or as large as a dinner plate, according to the American Academy of Dermatology.

Respiratory symptoms

Hay fever or other allergies can affect your child's breathing. If you hear a noisy wheeze when your child breathes or if you notice rapid breathing or shortness of breath, have your child checked by their pediatrician. A dry, hacking cough with clear mucus is another sign of respiratory allergies. Observe your child at play. If they seem to tire easily or more quickly than other children, this may be a sign of allergies.

Tummy problems and other signs of allergies

Allergies can set off intestinal symptoms in children. If your child often complains of stomach cramps or has repeated attacks of diarrhea, this may hint at an allergy. Other signs of allergies in children can include headache or excessive fatigue.

Allergies can also affect your child's behavior, producing unusually crabby or restless moods. Consider keeping a symptom log to share with your pediatrician, noting the symptom and what happened right before its onset (e.g., exposure to a pet or eating a certain food).

The allergy gang of eight

According to the Mayo Clinic, these eight foods contribute to 90 percent of food allergies:

- milk
- eggs
- peanuts
- tree nuts, such as almonds, cashews, and walnuts
- fish, such as bass, cod, and flounder
- shellfish, such as crab, lobster, and shrimp
- soy
- wheat

In addition, some children can't tolerate citrus fruits. The connection between allergy and allergen isn't always obvious, so you may have to do some investigating to find the link. Traces of peanut can lurk in cereals, and soy can hide in flavorings or thickeners found in processed or frozen foods.

Pet allergies

The presence of household pets, even shorthaired animals that don't shed, can provoke allergy symptoms in children. It's not the pet itself that causes allergies, but its dander (dead skin cells), saliva, urine, and fur. If your child sneezes and wheezes after playing with or holding a pet, consider having them tested for animal allergies.



Allergy assistance

Your pediatrician can help you sort out whether your child's symptoms are allergy related and can assist you in formulating a management plan. Easing skin, respiratory, or intestinal allergy symptoms may require antihistamines or other medication. You can teach your child strategies to avoid or decrease allergic reactions, including passing up certain foods, playing outdoors when pollen counts are low, and washing hands right after touching a pet.

II. A Parent's Guide to Allergies in Children

Allergies are common in children and adults. In fact, studies show that between 36% and 44% of children may have at least one allergy. A variety of triggers, such as foods, pollen, pet dander, mold, or insects, can cause allergy symptoms. Luckily, in addition to avoiding specific triggers, there are a number of effective remedies that can alleviate allergy symptoms.

Understanding more about allergies can help parents get their kids some much-needed relief. And the first step in treating allergies is confirming that your child really has allergies as allergy symptoms are often confused with cold symptoms. Learn more about common childhood allergies, causes, symptoms, getting the correct diagnosis, and effective treatments.

Allergy Causes

Allergies are caused when the body's immune system recognizes a foreign substance (such as a food, bee venom, or pollen) as a pathogen that it needs to fight. While these allergy triggers are not actually harmful, the body reacts to them as if they are with a swift histamine response, which varies in severity from person to

person and results in the symptoms that are intended to rid the body of this perceived threat.



It's unclear why people develop allergies, however, occurrence in the overall population is high and prevalence is steady across the country, even if the specific allergens that cause allergy reactions vary.

There are a number of risk factors including family history, race (Black children have higher rates), sex (boys are at increased risk), and exposure to allergens. Interestingly, delayed introduction to some potential allergens (such as peanuts) is associated with a higher risk of developing the allergy.

According to the American Academy of Pediatrics (AAP), the most common type of allergy in children is allergic rhinitis, which is also known as hay fever. This type of allergy is triggered by breathing in tiny particles, such as dust mites or seasonal blooms of pollen. It typically results in symptoms like sneezing, a stuffy nose, itchy eyes.

Allergy Symptoms

Many parents think of a runny nose or itchy, watery eyes when they think of allergies, but there are many other symptoms that can be triggered by allergies. Your child's symptoms will also depend on the type of allergy and the severity of the immune response they have.

Some of the most common allergy symptoms include the following:

- Allergic crease (crease near the bottom of the child's nose)

- Allergic shiners (dark circles under the eyes)
- Contact dermatitis (itchy red skin rash)
- Fatigue
- Hacking cough
- Headache
- Hives (an itchy red rash that comes and goes, common with food allergies)
- Intestinal discomfort, including cramps, nausea, or diarrhea
- Itchy eyes
- Itchy nose, mouth, or throat
- Postnasal drip
- Red, puffy eyes, with tearing and itching
- Rubbing the nose a lot (allergic salute)
- Runny nose with clear discharge
- Sneezing
- Stuffy nose (congestion)
- Wheezing or shortness of breath

Allergies vs. Colds

If your child displays common allergy symptoms, it's important to note that they may actually have a cold. It can be tricky to distinguish between the two, particularly if your child hasn't previously been diagnosed with allergies. Suspect a cold if they have body aches, fever, or a runny nose with green or yellow mucous. It's also worth

considering a cold if they've been around anyone else with a cold. Likewise, an allergy may be more likely if they have been exposed to any potential allergens.



If you're ever unsure about whether your child has a cold or allergies, consult a pediatrician for diagnosis and appropriate treatment options.

Diagnosis

Sometimes, it's very clear that a child has an allergy; other times, their symptoms may be more subtle. Either way, if you suspect your child has allergies, it's wise to have them evaluated by a doctor to ensure you are treating the appropriate issue. A pediatrician can review your child's symptoms to determine whether allergies are likely and offer guidance for treatment.

The doctor may also refer your child to see an allergy specialist, who can conduct allergy testing to determine exactly what is triggering your child's allergies. You may also be asked to keep a symptom diary to help figure out what is triggering your child's allergies.

Additionally, other conditions like asthma and eczema often coexist with allergies and may be aggravated if allergy symptoms are not well-controlled. So, it's very important to ensure that an effective care plan is developed.

Common Types of Allergies

Children can develop allergies to a wide range of triggers. How their allergy is treated will depend on the type of allergy they have. Generally, the first line of defense is avoiding contact with the allergen in question. However, particularly in the case of airborne triggers like pollen, it can be difficult to completely prevent exposure.

Food Allergies

According to the National Institute of Allergy and Infectious Diseases (NIAID), approximately 5% of children have food allergies. Although a person can be allergic to almost any food, the vast majority of children with a food allergy are allergic to one of these foods:



- Cow's milk
- Eggs
- Fish and shellfish
- Peanuts
- Sesame
- Soy
- Tree nuts
- Wheat

If your child eats a food that they are allergic to, they will quickly (usually within minutes) develop any number of food allergy symptoms. These reactions can range from hives, upset stomach, and vomiting to, in rare cases, a life-threatening anaphylactic reaction, which requires immediate medical treatment.

Seasonal Allergies

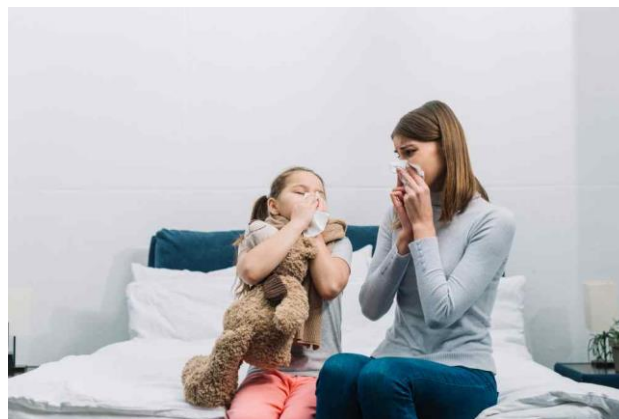
Classic triggers of seasonal allergies include:

- Grasses (late spring and early summer)
- Outdoor molds (season varies depending on where you live and can be year-round in some areas)
- Ragweed and other weeds (late summer and fall)
- Trees (early spring)

You can often tell that your child has seasonal allergies if their allergy symptoms start or get worse each year during a specific season, although this is sometimes hard to track. You may also notice that your child's seasonal allergy symptoms are better on days that it rains and are worse when it is dry and windy as seasonal allergens spread more easily in those conditions.

Indoor Allergies

While most things that cause seasonal allergies are outside, children with year-round or perennial allergies may be allergic to things inside your house, such as animal dander (cat and dog allergies), cockroaches, dust mites, and indoor molds.



Learning to control these allergy triggers is important to reduce your child's indoor allergies. Thorough cleaning and dusting, removal of pets, eliminating mold, and pest control are all possible ways to reduce exposure to these triggers.

Other Allergy Triggers

In addition to foods, dust, and pollens, other common allergy triggers can include additives in foods or medications, such as the food dye tartrazine (Yellow No. 5), sulfites, adhesives, and ingredients in topical medications, such as neomycin and bacitracin (antibiotics), PABA (sunscreens), and lidocaine (topical anti-itch creams).

Insect bites and stings, such as from bees, are another common allergy trigger. Some children are also allergic to latex, certain medications, such as antibiotics like penicillin and sulfa drugs, and plants like poison ivy.

Allergy Relief

One of the most effective treatment measures is to avoid allergy triggers as much as possible. This may include putting a special allergy-proof cloth mattress cover on your child's mattress if they are allergic to dust mites or keeping windows closed in your car and home when pollen counts are high if they have seasonal allergies. Nasal washes to clear allergens, irritants, and mucus from your child's nose may also be helpful.

There are also a variety of medications, such as antihistamines and nasal steroids, that can be quite effective at controlling symptoms. Discuss medication options with a pediatrician to determine which ones may be most helpful for your child's particular symptoms. They may also suggest allergy shots if your child has moderate to severe allergy symptoms that are hard to control.

When allergy medication is called for, it is often recommended that it is taken daily, especially during their allergy season. This is because it tends to be easier to prevent and control symptoms than it is to alleviate symptoms down once the body's immune response is activated.

Allergy Medicines

Since avoiding allergy triggers can be tough, especially if your child has seasonal allergies, many children with allergies require medicines for relief. Fortunately, a variety of allergy medicines are available that are safe for younger children. Allergy medicines for kids include:

Allergy eye drops: Acular (ketorolac), Optivar (azelastine), Pataday (olopatadine), Patanol (olopatadine), Zaditor (ketotifen)

Antihistamine nasal sprays: Astelin (azelastine), Patanase (olopatadine)

Leukotriene antagonists: Singulair (montelukast)

Older sedating antihistamines: Benadryl (diphenhydramine), Extendryl (chlorpheniramine)

OTC antihistamine nasal sprays: Astepro (azelastine hydrochloride), a steroid-free option that was approved for nonprescription use for treating seasonal allergies and allergic rhinitis for people ages 6 and up in June 2021¹¹

OTC antihistamines: Allegra (fexofenadine), Claritin (loratadine), Zyrtec (cetirizine), Xyzal (levocetirizine)

Prescription antihistamines: Clarinex (desloratadine)

Steroid nasal sprays: Flonase (fluticasone), Nasonex (mometasone), Omnaris (ciclesonide), Rhinocort Aqua (budesonide), Veramyst (fluticasone)

Allergies are a common condition in both children and adults. Once you know what type of allergy your child has, you can more effectively help them find relief. Contact a pediatrician if you have any questions or concerns about your child's allergies. Additionally, a pediatric allergist can be helpful to diagnose and manage your child's allergies.

III. 15 Tips to Help Prevent Allergy Symptoms in Kids

Before you start any treatment, visit a doctor to be sure allergies are causing your child's troubles. Once you know he really has seasonal allergies, these quick tips can offer much-needed relief.



1. **Stay Inside.** The best way to treat allergy symptoms is to avoid allergens to begin with. So when pollen counts soar, keep kids indoors as much as possible. Pollen is usually at its peak mid-morning, early evening, and when the wind is blowing.
2. **Use Saltwater.** Having a plugged-up nose can be one of the toughest symptoms for children with allergies. For relief, older children might want to try nasal irrigation with a saline solution. You can buy saline at the drugstore or make your own by mixing in a squirt bottle 8 ounces of boiled water to 1 teaspoon non-iodized salt.
3. **Stay Hydrated.** All that sneezing and blowing can leave a child parched. Keep a water bottle full and close to hand and encourage your children to keep sipping.
4. **Warm It Up.** Steam from a warm shower or bath seems to offer allergy symptom relief for some so encourage kids to enjoy a little tub time. Just be careful to make sure the shower is not too hot.
5. **Keep It Cool.** To keep pollen out when the weather's hot, air condition your car and home and keep windows closed.
6. **Deal With Dry Air.** A little moisture in the air makes breathing easier for most, so if the air in your house is dry, get a humidifier. But be careful: Humidity over 40% can encourage the growth of indoor allergens like mold and dust mites.
7. **Go Cold.** When itchy eyes are driving your kid crazy, try a cold compress, which may help reduce the itch and soreness.

8. **Keep Your Hands to Yourself.** Help kids to avoid rubbing their itchy eyes. Rubbing will only irritate them -- and could make the itchiness even worse.
9. **Spice It Up.** If your kids will eat spicy foods, a dish made with cayenne pepper, hot ginger, fenugreek, onions, or garlic may help thin mucus and clear nasal passages.
10. **Use Top Tissues.** When kids' allergies are at their peak, tender noses can get sore pretty fast. Look for tissues with lotion or aloe.
11. **Rub Jelly on It.** And if your child's nose is raw and red from blowing, you can soothe his sniffer with a dab of petroleum jelly.
12. **Gargle to Relieve Sore Throats.** If drainage leaves your child with a sore throat, gargling with warm saltwater made of 1-2 tablespoons of table salt in 8 ounces of water may ease the pain.
13. **Drink Warm Tea.** Drinking more fluids can also help soothe tender throats. Try a weak tea with honey and lemon. Bonus: The steam may relieve sinus congestion, too.
14. **Get Face Time.** Warm compresses applied to the face may also help soothe a child's sinus pressure and pain.
15. **Watch Out for Certain Foods.** If your child is allergic to ragweed, he may also have an allergic sensitivity to some foods that may include bananas, melons, chamomile tea, sunflower seeds, and cucumbers.

IV. Quick House Cleaning Tips To Ease Allergies

Maintaining household sanitation is crucial, especially when you or a household member suffers from one or multiple allergies. Over 7.5 million Australians suffer from chronic respiratory conditions. 5.1 million suffer from allergic rhinitis, and 2.7 million have asthma.



Therefore, allergies are a common health issue in Australia, and one of the best ways to manage them is by routinely cleaning and disinfecting your house. If you cannot, hire professionals performing house or end of lease cleaning in Canberra to keep your home or leave the rental property in pristine condition.

Also, develop a regular cleaning routine and use the quick house sanitation tips below to ease allergies.

Vacuum Windows & Door Regularly

Since these entry points help with house ventilation, they are hubs for dust, pollen, dander and debris. When they remain dirty, these contaminants pollute indoor air quality and make it harder to keep allergies under control. Therefore, you must vacuum the doors and windows every few days, including their tracks and frames.

Invest In Microfiber Cleaning Products

Feather dusters, cotton rags, brooms, and other traditional cleaning tools can collect dust but don't capture the particles well. Microfiber cleaning products are designed to capture dust particles, bacteria and other small contaminants.



Microfiber materials have positively polyester fibres and negatively-charged nylon fibres that attract contaminants from surfaces. The properties of microfiber material make it a versatile cleaner used by professionals for bond cleaning in Canberra. Therefore, you can clean like a pro with microfiber cleaning products.

Get The Right Equipment

Allergy-suffers should have a vacuum cleaner with HEPA filters, air purifier, humidifier and steam cleaner. These machines are necessary to keep your home's indoor air quality and reduce germs that cause viral or bacterial infections.

- The vacuum cleaner helps remove dust particles and debris.
- The air purifier cleans indoor air & a humidifier keeps it from becoming too dry.
- A steam cleaner can kill mould and germs instantly upon contact, making them must-haves.

Avoid Air Fresheners & Strongly-Scented Products

Most commercial cleaners & air purifiers contain volatile organic compounds (VOCs) to make the products smell good. However, VOCs are extreme allergy aggravators, as they reach deep parts of the lungs and cause irritation.

Therefore, use essential oils to add fragrance to cleaning solutions. Additionally, avoid products with strong scents and never use air fresheners to make your house smell good.

Treat Mould With Cleaning Vinegar

Mould spores cause severe respiratory diseases, and prolonged exposure can cause lasting damage to the lungs.

Therefore, treat mould spots on tiles, walls, fixtures or any other household area with cleaning vinegar. It contains 6-20% acetic acid, making it potent at killing the fungus and preventing its regrowth. Just spray the solution undiluted on the mould, wait for 10-15 minutes, and then wash with soap and water.

Wear Personal Protective Equipment While Cleaning

Don't want dust, cleaners or other things to cause a flare of eczema, asthma, sneezing or cough? Prevent allergens from coming in contact with you by wearing personal protective equipment like a mask, gloves, face shield and overalls. Even professional end of lease cleaners in Canberra wear them since they are constantly exposed to volatile organic compounds (VOCs) and toxins.

Wash & Vacuum Bedding Routinely

Ideally, you must wash the bedsheet, and pillow covers weekly because they accumulate dead skin cells, dust and sweat.



Thus, they become hot spots for dust mites and other allergens that aggravate chronic respiratory distress. In addition to washing beddings, develop the habit of vacuuming them daily to minimise the risk of allergies.

Refresh Carpets With Baking Soda

Baking soda is a natural cleaner that removes contaminants and dirt while deodorising surfaces. Therefore, it is perfect for refreshing carpets and preventing bad smells. All you need to do is sprinkle the powder generously on the carpets and vacuum thoroughly after 30 minutes.

Dust Fixtures & Surfaces Every Day

Develop a habit of dusting accessible lights, fans, countertops, shelves and other fixtures/surfaces in your bedroom and living room. Do it daily to keep allergens at bay and ensure your house has a cleaner indoor ambience.

While dusting, move top to bottom and prevent recontamination of cleaned areas and reduce contact with dust. It is a professional technique used by experienced

cleaners who offer affordable end of lease cleaning Canberra and will help you dust your home like a pro.

There isn't a cure for allergies, but you can prevent them by keeping your home neat and clean at all times. If you lack the time, energy or expertise to house clean, hire professional cleaners who are experts in house or end of lease cleaning in Canberra.

Additionally, use the tips above to maintain sanitation in your house and prevent health issues.

V. The 6 Best Vacuums for Allergies of 2023

Most household allergens—such as pollen, dust, and pet dander—can be lessened or eliminated if you use a vacuum that targets these particles. Whether you're in need of an upright, cordless, robot, or handheld model, a great vacuum can be a go-to tool for removing allergens from upholstery, curtains, carpets, rugs, and other fabric surfaces in your home. But not every vacuum cleaner is equipped for the job—and one feature to consider is the vacuum's filtration system.

In addition to hours of research, we tested some of the most popular vacuums available, evaluating each pick's filter system design and adherence to HEPA standards. We also factored ease of use, effectiveness, and overall value into our selection. Our top pick, the Shark Navigator Lift-Away ADV Upright, has a filter that's designed to trap 99.99 percent of dust and allergens, as well as an anti-allergy seal to keep the particles contained. It's also surprisingly affordable for the features it offers.

Below you'll find the best vacuums for allergies.

Shark Navigator Lift-Away ADV Upright Vacuum

Our top pick is the Shark Navigator Upright Vacuum, which is one of the best vacuums for allergies and a surprisingly affordable option. It boasts a number of features that will help remove allergens from your home, including a HEPA filter and anti-allergy seal. The filter successfully traps 99.99 percent of dust and allergens, and the anti-allergen seal ensures the sucked-up particles don't escape the hoses or dirt canister. This upright vacuum also has swivel steering for better control, making it easy to maneuver under furniture and around tight corners. Plus, it comes with an upholstery tool and pet brush to help you clean hair and dirt off your furniture.



After struggling a bit through the vacuum setup—Dyson doesn't provide written instructions for assembly, only images—this upright vacuum was ready to tackle any surface and mess we threw its way. The vacuum's adjustable floor head has three modes so you can change the suction and roller bar height depending on the surface you're cleaning. Dyson's Motorbar cleaner head is equipped with stiff nylon bristles to reach into thick carpet. It effectively picks up hair, and it has de-tangling vanes to prevent hair from wrapping around it. In our tests, we noticed that this vacuum head has a tendency to spit out larger debris before sucking it up, which is slightly frustrating. But setting the vacuum to the high-pile carpet cleaning mode can help it tackle larger debris.

Hoover MAXLife Elite Swivel XL Pet Vacuum Cleaner with HEPA Media Filtration

While there are plenty of high-tech vacuums for allergies and pet hair on the market, our testers gave high marks to this more budget-friendly model. The Hoover Elite Swivel XL Pet Upright Vacuum offers impressive power, innovative attachments, and easy maneuverability—making it an affordable yet reliable option. Plus, it's equipped with a washable HEPA filter and a carbon filter, the latter of which may help to contain pet smells once dander and other allergens are sucked inside the vacuum.

Best Cordless

Tineco Pure One S11 Tango Smart Stick Handheld Vacuum

The Tineco Pure One S11 TANGO not only comes with all of the brand's beloved features—an LED display, iLoop dust sensor, and wall-mounted charging dock—but it's also equipped with a four-stage, sealed filter system, which includes HEPA filtration to trap particles as small as 0.3 microns. Like the brand's other vacuum models, this vacuum's LED display provides constant information about the battery power, suction power, malfunction alerts, and dust sensing.

Best Bagged

Kenmore Elite 31150 Pet Friendly Bagged Upright Beltless Vacuum

Many modern vacuum cleaners are bagless, but if you prefer a bagged vacuum to keep dust and allergens trapped even as you empty it, the Kenmore Elite Pet & Allergy Friendly Upright Vacuum is a great option. This model is certified by the Asthma and Allergy Foundation of America, so you know it's a strong choice for allergy season and everyday life. Although this upright model doesn't have the swivel joint that our top picks have, we think the bagged dust bin and other suction control features still make this a worthy pick.



Best Robot

Ecovacs Deebot N8 Pro+

If you're going to invest in a robot vacuum for your allergy-prone household, it should be equipped with filters and emptying capabilities that truly take the work out of your cleaning routine. The ECOVACS DEEBOT N8 Pro+ Robot Vacuum and Mop not only has a HEPA filter to lock in particles and allergens, but it also has a self-emptying base with disposable dust bags that make resetting the base every 30 days a breeze.

Best Handheld

Bissell Cleanview Deluxe Corded Handheld Vacuum

Many of the best vacuums for allergies are quite expensive, but you can still trap dust and other allergens with a more compact and wallet-friendly model such as the Bissell Cleanview Deluxe Corded Handheld Vacuum. This handheld vacuum is relatively small in size and light, but it still is equipped with a multi-level filter system to help keep debris and particles contained.

What to Look for in a Vacuum for Allergies

Filtration Type

The type of filter a vacuum has determines not only what type of debris it can handle but also how well that debris is contained in the vacuum's dust bin and internal filtration system. Check to see if your vacuum of choice comes equipped with a HEPA bag or filter. This means that it can remove at least 99.97 percent of allergens found in your home, including mold, dander, and dust. If it comes with a certification from the Asthma and Allergy Foundation of America, all the better.

Bag Type

Bagless vacuums are generally the less expensive option over time, because they don't require new replacement bags on a regular basis. Though they come with this additional expense, bagged vacuums may offer a level of security for allergy sufferers that bagless models cannot. "Bagged vacuums are extremely hygienic and securely trap dirt and debris," Melissa Witulski, brand standards manager at Merry Maids, explains.

Suction Power

Dirt and dust tend to become embedded into furniture fibers and carpets, often to the point that you need a powerful vacuum with the right suction power to extract them properly. Many vacuums now have adjustable suction settings, or auto-adjusting settings, that allow you to change the amount of suction based on the type of surface that's being cleaned.

CONCLUSION

Seasonal allergies, also called hay fever, are among the most common allergies Hay fever results from an allergic reaction to pollen. Depending on the type of pollen your

child is allergic to, he or she may only be affected at certain times of the year. Learn more about how to help a child with seasonal allergies.

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