



Sneezin' Season

This spring, help your child get ahead of allergies.



Cold vs Allergies

Seasonal allergies usually begin at age 2 to 5 years.

- Common symptoms include sneezing, runny nose, itchy or watery eyes, and itching of the nose and throat
- Wondering if it's a cold? Fever, sore throat, and cough are typical with colds, but not allergies. And colds usually last up to 2 weeks, while allergies often last longer



Allergies can have a real impact

Allergies can:

- Make it harder for your child to concentrate in school
- Affect their performance in sports and activities
- Disrupt their sleep

That's why it's so important to reduce your child's exposure to pollens and to consider treatment with an allergy medicine, such as ZYRTEC®.



A winning strategy: Keep pollens outside

When playing outdoors in the spring, your child can become covered in pollens, which are often too small to see. Your child can't avoid pollens completely—but they *can* control how long pollens stay on their skin, clothes, and surroundings.

Your child can take simple steps to limit their exposure to pollens:

- Remove pollens when coming indoors:
 - Take off shoes at the door
 - Change into clean clothes
 - Wash hands and face right away
- Bathe and wash hair at night so pollen isn't brought into bed
- Keep doors and windows closed to prevent pollens from blowing inside

For more great tips on managing your family's allergies, visit Zyrtec.com

See page 2 to learn about treating your child's allergies >



Because “big kids” don’t have time to spare

CHILDREN’S ZYRTEC® DISSOLVE TABS

For ages 6 and over, a quick-melt tablet they can take with or without water



- Full **24-hour** allergy symptom relief*
- **Once-daily** dosing
- **Great-tasting** citrus flavor
- Relieves both **indoor and outdoor** allergies

Use product only as directed.



When kids are on the go... Wipe away particles as small as pollen

ZYRTEC® NON-MEDICATED SOOTHING FACE WIPES

- **Instantly remove particles** as small as dust, pollen, dirt, and other impurities
- Formulated with **micellar water**
- **Gentle**, oil-free, and alcohol-free
- Conveniently packaged to carry **anywhere**

Download the free ZYRTEC® ALLERGYCAST® app†‡

Track your child’s symptoms, get symptom severity predictions, and see local pollen counts.



ZYRTEC® ALLERGYCAST® works on iPhone®, Android™, and many other digital devices.



Scan this code to download the app

*Relieves sneezing; runny nose; itchy, watery eyes; itching of the nose or throat.

†Standard data rates apply.

‡The information contained in the allergy forecast is provided by third parties for informational purposes only and does not represent a guarantee of accuracy or an endorsement, direct or implied, by Johnson & Johnson Consumer Inc., McNeil Healthcare Division.

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