

CHILDREN'S ALLERGY SYMPTOM TRACKER

Do you think your child has allergies? If so, do you know what allergens are causing it? Use this editable and printable allergy tracker to help chart your child's daily symptoms. You can save it for your next visit with the GP or paediatrician to help them better understand the cause of all that sneezing and sniffing.

DESCRIBE YOUR CHILD'S SYMPTOMS

Directions: Each day, write or type "high, "medium" or "low" next to their symptoms, noting if symptoms worsen during the day (AM) or at night (PM). If you're filling this out from a smartphone or desktop, don't forget to save your progress periodically.

THIS WEEK'S DATE:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Itchy Skin/ Hives							
 Itchy nose, throat, ears, or eyes							
 Nasal congestion							
 Sneezing							
 Runny nose (clear, watery mucus)							
 Watery eyes							

If your child is suffering from allergies, ask your doctor about Children's Claratyne®, New Zealand's #1 Children's Allergy Brand¹.

Always read the label and follow the directions for use. If symptoms persist, talk to your health professional.
Bayer New Zealand Limited, Auckland.

1. IQVIA National Pharmacy OTC Child Antihistamines Sales MAT 01/07/2023