

GrowSmart EPSDT Health Promotion:

Understanding Asthma and Allergies in Children

This month Trillium highlights asthma and allergies—conditions that commonly affect children and often begin in early childhood. Warm weather, pollen, humidity, and increased outdoor activity in the spring and summer months can intensify symptoms. Early identification and ongoing management help children stay healthy, active, and safe.

What Are Asthma & Allergies?

Asthma is a chronic condition that affects your airways, making it difficult for children to breathe during flare-ups. Allergies from things like pollen, food, pets, or dust can make it hard to breathe, sleep, and do everyday activities. Getting help early and sticking with treatment can prevent serious problems and help people stay healthier over time.

What do doctors say?

Pediatric experts, recommend regular and proactive asthma and allergy management. This means checking each year to see how well a child’s asthma is controlled and making sure their asthma action plan is reviewed or updated at every visit. Doctors also stress the importance of using inhalers and spacers the right way, testing for allergies when things like food or the environment may be causing problems, and sending patients to specialists early if symptoms are serious or do not go away. Experts also suggest checking your home and surroundings to help lower your child’s contact with common allergens.

Tips for Families

- Keep windows closed during high-pollen days
- Use HEPA air filters when possible
- Wash bedding regularly in hot water
- Reduce dust, pet dander, mold, and smoke exposure
- Take your daily asthma medicine the way your doctor tells you to
- Keep rescue inhalers accessible at all times
- Review inhaler technique regularly
- Follow the asthma action plan during flare-ups
- Monitor symptoms closely during outdoor play
- Encourage hydration and rest during hot or high-ozone days

Stay Involved in Your Child’s Care

- Attend all well-child visits
- Review symptoms, triggers, and medications regularly
- Keep asthma action plans updated
- Ask about allergy testing if triggers are suspected
- Track symptoms and communicate concerns early
- Ask your care team for help with environmental triggers
- Notify your case manager if additional needs or concerns arise

Asthma and Allergy Management Timeline

Age	Key Actions
Infancy–Age 5	Watch for for wheezing, allergies, eczema, and respiratory symptoms at all visits
Annually	Asthma control assessment and symptom review
As Needed	Allergy testing for food or environmental triggers
Any Time	Update asthma action plans, review medications, and adjust care when symptoms change

Need help or resources?

Trillium Health Resources supports eligible families by covering asthma and allergy screenings and medically necessary treatments, helping them access inhalers, spacers, and allergy medications, and coordinating referrals to pediatric asthma or allergy specialists.

Call Member & Recipient Services or connect with your Care Manager at
1-877-685-2415