



Are you tired of sniffing & sneezing?

You may have what is referred to as:
Nasal Allergies – Allergic Rhinitis

... a common inflammatory condition affecting the nose & sinuses, which may occur seasonally or year round. Left untreated rhinitis can lead to coughing, dark circles under the eyes, fatigue, poor concentration and more.

Symptoms of rhinitis include:

- > Itchy nose
- > Watery nasal discharge
- > Bouts of sneezing
- > Nasal congestion



Triggers – allergens such as pollens, grass, pet dander and dust-mites or irritants such as household cleaning chemicals, fresh air sprays, perfume and smoke.


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Avoidance measures –

- > Buy a new pillow every year.
- > Consider encasing mattress in barrier cover.
- > Wash sheets weekly in hot water.
- > Reduce soft furnishings and stuffed toys especially in the bedroom.
- > Clean without chemicals using microfiber cloths.
- > Do not use fresh air sprays, plug-in air fresheners or scented candles.
- > Remove carpets if possible.
- > Use a vacuum fitted with a HEPA filter.
- > Open windows every day.
- > Do not allow pets in the bedroom – if possible keep pets outside.
- > Wash pet bedding regularly.
- > Do not bring Easter lilies into the home.

Treatment options

Medication is selected according to symptoms, severity and duration.

- > Non-drowsy antihistamine tablets such as – **Claritin® (Loratadine)** non prescription or **Zyrtec®**, or **Singulair®** on prescription - may be taken as needed.
- > Some antihistamines such as **Piriton™**, **Benadryl®** and **Phenergan** can cause drowsiness and should not be taken during the day.
- > For persistent symptoms prescription nasal sprays such as **Avamys®**, **Rhinocort®**, **Nasonex®**, **Flixonase** and **Astelin®** are helpful; these should be used daily during your allergy season.

Learn More - Breathe Better

Contact your doctor, talk to your pharmacist or contact:

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