



Embrace the outdoors

Sneeze less and smile more!

GET the **FACTS** about **ALLERGY RELIEF MEDICINES**

Seasonal allergies, also called hay fever and allergic rhinitis, affects some 35 million Americans during the spring, early summer, or early fall when grass, weed, or tree pollens are in the air. Common symptoms include itchy, watery eyes; sneezing; runny or stuffy nose. Fortunately, there are a number of steps you can take to manage seasonal allergies:

- learn what you're allergic to and avoid these **triggers**, if possible
- reduce exposure to allergy triggers inside the home
- use allergy medicines appropriately.

PREVENTION

Tips for controlling allergy triggers include the following:

- Avoid yard work and outdoor activities when pollen counts are high. You can find pollen counts in the newspaper and on the internet.
- Wash off after outdoor activity, especially your hair; change clothes; moisten your nasal membranes with saline nose spray.
- Keep your home, especially your bedroom, as dust-free and mold-free as possible. Remove carpets and other dust collectors. Use an allergy cover for your mattresses and pillows. Consider an air purifier with a special HEPA filter.
- Keep your house and car windows closed during allergy season and use the air conditioner.
- Groom pets and keep them outside or at least out of the bedroom.
- Avoid smoking and exposure to smoke, sprays, room deodorizers, perfumes, and other irritating substances.

TREATMENT

Allergy medicines can help to prevent and relieve symptoms as shown in the table at the end of this article. Please keep in mind:

- There is no “most effective” medicine for everyone. Keep a record of the medicines you've tried and which ones work for you.
- Over-the-counter (OTC) allergy medicines are as safe and effective as prescription medicines and often have the same ingredients. Ask your pharmacist for help selecting the right OTC products for your symptoms.
- Be sure to read the package labeling for dosing information, as well as special precautions, especially if you are pregnant, breastfeeding, have other medical conditions or are giving medicines to a child.

Antihistamines

Antihistamines treat allergy symptoms such as runny nose, sneezing and itching.

Loratadine (Claritin, Alavert) is a “nondrowsy” antihistamine available over-the-counter. **Cetirizine** (Zyrtec), formerly a prescription product, is also available OTC. Antihistamines rarely cause serious side effects, but some products can cause drowsiness, dry mouth, and constipation, e.g., **diphenhydramine** (Benadryl). Other drugs that reduce alertness, such as alcohol, tranquilizers, and sleeping pills, can add to the drowsiness effect of antihistamines. Make sure you know how the antihistamine medicine affects you before driving or doing other tasks that require alertness.

Decongestants

Decongestants help to relieve the stuffy feeling in your nose and ears, as well as postnasal drip which can cause a sore throat. Decongestants may be taken alone or with antihistamines. The most common side effects of decongestants are nervousness, restlessness, or a jittery feeling which may lessen or go away as your body adjusts to the medicine. Taking the decongestant only during the day and avoiding caffeine may also help. Products containing the decongestant **pseudoephedrine** are kept behind the counter. Please ask pharmacy staff for help with these products.

Prescription Nasal Sprays

If your allergies are not controlled by these measures, you may wish to contact your doctor for a prescription anti-inflammatory nasal inhaler such as **Flonase**. When used on a daily basis, anti-inflammatory nasal inhalers provide excellent relief of symptoms in most patients with no drowsiness and few side effects.

MORE ALLERGY TREATMENT TIPS

Proper use of antihistamines and decongestants will relieve most allergy symptoms. Sometimes people need other treatments to get relief for headache or itchy eyes.

For headaches

Minor headaches caused by stuffiness can be relieved with acetaminophen (generic Tylenol). Call your health care provider if your headaches are severe or occur often.

For itchy eyes

Soothe itchy, irritated eyes by soaking a washcloth in cold water and laying the washcloth over your eyes 4 to 5 times a day. Over-the-counter (OTC) eye drops, such as artificial tears (soothing), or **ketotifen** (Zaditor) (medicated), or **Opcon-A** (medicated) can also help. Please note that overuse of medicines like Opcon-A can lead to increased eye redness (rebound). Avoid using for more than 3-4 days at a time.

See Product Table, next page.

For more information on allergies and when to see your health care provider, see your Healthwise Handbook or log onto our Web site members.kp.org.

PRODUCT	SYMPTOMS TREATED			
	THROAT itchy, scratchy	NOSE itchy, runny	NOSE stuffy, congested	EYES itchy, scratchy
Tablets and Liquids				
Antihistamines: <ul style="list-style-type: none"> • Chlorpheniramine tablets, liquid (ChlorTrimeton) • Loratadine tablets, liquid (Claritin) • Cetirizine tablets, liquid (Zyrtec) 	✓ ✓ ✓	✓ ✓ ✓		✓ ✓ ✓
Decongestants: <ul style="list-style-type: none"> • Pseudoephedrine tablets, liquid (Sudafed)* • Phenylephrine tablets (Sudafed PE) 			✓ ✓	
Combinations: Antihistamine + Decongestant <ul style="list-style-type: none"> • Loratadine-D tablets (Claritin-D)* • Cetirizine-D tablets (Zyrtec-D)* • Dimetapp Cold & Allergy liquid 	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
Nose Sprays <ul style="list-style-type: none"> • Saline Nose Spray (Ocean) • Cromolyn Nose Spray (Nasalcrom) • Sinus Rinse Kit 		✓	✓ ✓ ✓	
Eye Drops <ul style="list-style-type: none"> • Artificial Tears Eye Drops • Ketotifen Eye Drops (Zaditor)** • Naphazoline/Pheniramine Eye Drops (Opcon-A) 				✓ ✓ ✓

Brand names are given for reference, not as an endorsement by Kaiser Permanente.

* Available at the counter; ask pharmacy staff for assistance. ** Also sold as Zyrtec and Claritin eye drops.