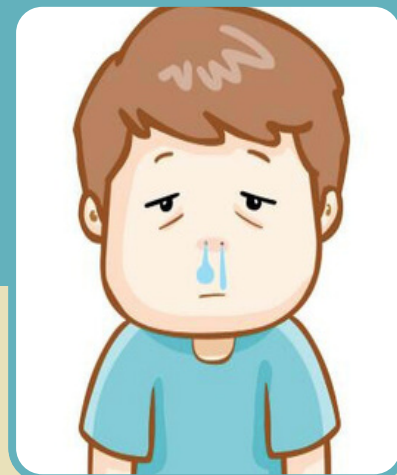


**Itchy, watery eyes? Runny or stuffy nose? Sneezing? Partner tired of your snoring?**



**It could be HAY FEVER! Also known as:**

## **ALLERGIC RHINITIS**

If you suffer from hay fever, you are among 1 in 5 adults, 1 in 10 teenagers, and an estimated 1 in 20 children. Symptoms are triggered by an “overactive” immune system to harmless triggers such as pollen, house dust mites, mold, or animal dander. To get a proper diagnosis, you will need to visit your physician, who will consider your history and may perform physical and blood tests to check on specific allergen triggers.

### **Allergic Rhinitis comes in many forms.**

- It may be **intermittent** (coming on occasionally and/or lasting less than a month in length) or **persistent** (bothering you most days of the week and/or lasting a month or longer).
- It may be **mild** – not causing any troublesome symptoms that disrupt your daily life – or it may be **moderate-to-severe**, where it impacts your daily life much more.

**Regardless, allergic rhinitis may cause complications (such as with your asthma), and you should speak to a doctor about it.**

*They will be able to suggest the best course of action for you to help your symptoms.*

### **Home Remedies:**

- Using an air purifier to cut down on the level of allergens in your home
- Avoiding exposure to smoke, chemicals, or strong odors that irritate your respiratory tract
- Ingesting local honey may help with allergies (**adults only! NOT SAFE FOR BABIES**)
- Using a nasal rinse with boiled or distilled water (**do NOT use tap water!**)

### **Over-the-Counter Options:**

- Nasal steroid sprays and oral antihistamines (e.g.: Claritin, Allegra, Zyrtec)

**Prescription Therapies:** *your doctor will be able to suggest what is appropriate for you*

- Prescription nasal or oral medications: e.g., Astelin, Montelukast
- Immunotherapy – these drugs modulate your immune system to tackle your symptoms