

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 mite, mold, or animal dander. To get a proper diagnosis, you will need to visit your physician who will consider your history, and 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