



## ALLERGIC RHINITIS (HAY FEVER) INFORMATION SHEET

### Allergic to:

#### Indoor (year round allergens):

- Dust Mites
- Dogs
- Cats
- Cockroach
- Feather
- Mice
- Indoor molds

#### Outdoor (seasonal allergens):

- Trees (spring)
- Grasses (early summer)
- Weeds (late summer-fall)
- Outdoor molds (spring-fall)

### Prevention of Indoor allergens:

- Cover pillows, mattress, and box spring with allergen proof covers
- Wash bedding in hot water cycle every 2 weeks
- Keep humidity below 50%
- Remove stuffed animals (wash them in hot water or freeze them for 8 hours regularly)
- Avoid carpets
- Use HEPA air cleaners in the bedroom

### Prevention of Outdoor allergens:

- Wash face after coming inside
- Keep windows closed
- Use air-conditioner
- Wash hair before going to sleep

### Medications:

- Fluticasone- 1 or 2 sprays in each nostril once a day
- Azelastine- 1 or 2 sprays in each nostril twice a day as needed
- Cetirizine- 1 teaspoon or 2 teaspoons or 1 tablet by mouth once a day as needed
- Pataday extra strength 0.7%- 1 drop in each eye once a day as needed