

What are the symptoms?

- Nasal Congestion
- Runny Nose
- Sneezing
- Itching
- Itchy and/or watery eyes
- May follow a seasonal pattern
- Possible skin rashes

Antibiotics do not help seasonal allergies.

How do I feel better?

- Use oral antihistamines containing cetirizine (Zyrtec®), Xyzal, loratadine (Claritin®), or fexofenadine (Allegra®) for runny nose, itching, and sneezing. Get plenty of rest (at least 8 hours of sleep a day while you feel bad).
 - Use over-the-counter corticosteroid nasal sprays (Flonase® or Nasacort®) nightly.
 - Decongestants and saline nasal sprays may help relieve nasal congestion symptoms. Remember to use over-the-counter products as directed on the product label. You should not take decongestants if you are on stimulant medication for ADD/ADHD, if you have a sleep disorder or high blood pressure.
 - Avoid allergens when possible.
 - Stay indoors on dry, windy days and use the air conditioner, when possible.
 - Use a dehumidifier to keep the indoor air dry.
 - Use a vacuum cleaner with a HEPA filter regularly.
 - Drink plenty of fluid (fluids thin mucous and prevent dehydration which causes dizziness).
 - Avoid smoking, second-hand smoke, and other pollutants (airborne chemicals or irritants).
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Seek medical treatment if:

- If you have any signs of a severe allergic reaction, swelling to the throat, loss of consciousness, dizziness (or lightheaded), shortness of breath, nausea/vomiting, a skin rash, or a rapid or weak pulse, call 911 or go to the nearest ER.
- If self-care is not providing symptom relief
- You develop a fever or a change in symptoms