

# MY ALLERGY GUIDE<sup>®</sup>

A GUIDE TO UNDERSTANDING YOUR  
ALLERGIES, INSIDE AND OUT



Brought to you by the makers of



and



# EVERYONE EXPERIENCES ALLERGIES A LITTLE DIFFERENTLY

This brochure provides tips on treatment options and education to help you understand allergies—inside and out. Learn more here.

## WHAT IS AN ALLERGY?

Allergies occur when your immune system overreacts to normally harmless substances called allergens. Your body releases a chemical called histamine, and you start to experience a variety of symptoms.

**If you experience one or more of these symptoms, you may have allergies.**



**Itchy, watery eyes**



**Nasal congestion**



**Sneezing**



**Itching of the nose or throat**



**Runny nose**



## DIFFERENT TYPES OF ALLERGIES

If you suffer from allergies at certain times of the year, such as spring or fall, you may have seasonal (outdoor) allergies. If you suffer from allergies throughout the year, you could be experiencing perennial (indoor) allergies.



## Outdoor allergens include:



### Tree pollen

- Tree pollen is usually the first seasonal allergen to appear. In the South, trees start releasing pollen as early as January.



### Grass and weed pollen

- Grass pollen is both seasonal and regional. While this allergy trigger affects people outdoors, it can be carried in by wind, people, and pets. Weed pollen usually flourishes from late summer to early fall. It is particularly troublesome on dry, hot, windy days.



## Indoor allergens include:



### Dust mites

- These tiny creatures are typically found in upholstered furniture, carpets, and bedding.



### Pet dander

- Pet allergies stem from proteins contained in an animal's dander, or dead skin cells, which flakes off regularly.



### Mold and mildew

- Mold reproduces through tiny, airborne spores. Indoor molds grow in damp areas, like the bathtub or shower.



# MANAGING ALLERGY SYMPTOMS

MAKING SMALL CHANGES IN YOUR ENVIRONMENT MAY MAKE A BIG DIFFERENCE!

## When you're inside...

- Keep mold to a minimum by regularly cleaning bathrooms, basements, and other damp areas.
- Use a High Efficiency Particulate Air (HEPA) filter. This will help eliminate dust and other allergens from your home.
- Dust with a damp cloth each week and vacuum carpets frequently.



## When you're outside...

- Try not to go outdoors between the hours of 10 AM and 4 PM, when pollen is at its worst. If you DO go outside, shower as soon as possible to remove pollen from your skin and hair.
- Don't hang clothes outside to dry—pollen can attach to fabric.

**DID YOU KNOW...**

**KIDS HAVE A 33% CHANCE OF GETTING ALLERGIES IF ONE PARENT HAS THEM AND A 70% CHANCE OF GETTING ALLERGIES IF BOTH PARENTS DO**

**GIRLS ARE MORE LIKELY TO GET ALLERGIES IF THEIR MOM HAS THEM**

**BOYS ARE MORE LIKELY TO GET ALLERGIES IF THEIR DAD HAS THEM**

## Do you sneeze around cats or dogs? You may be allergic to pet dander.

Cat dander and saliva trigger allergy symptoms. Dog dander and fur can also lead to allergy symptoms.

### If you have pets...

- Keep them off upholstered furniture and carpets, and out of the bedroom, because pet allergens can remain in the carpet and furniture.
- Bathe pets frequently to wash away dander and pollen that may cling to their fur.
- Choose low-pile carpets and steam clean regularly.

### Allergy medicines may help you feel better, too.

Talk to your doctor about therapy that might be right for your indoor, outdoor, or pet-related allergy symptoms.



## ALLERGY MEDICINES—AT A GLANCE

Your doctor can help guide you toward the right option for your individual symptoms.



### Antihistamines

- Block histamine, which is the main chemical that causes sneezing, runny nose, itchy, watery eyes, and itchy nose and throat.
- Available over-the-counter as oral tablets as well as eye drops.



### Decongestants

- Shrink blood vessels that are swollen due to allergies and help relieve stuffy nose, and sinus congestion and pressure.
- Available as oral tablets and nasal sprays.
- Also available as oral tablets in combination with antihistamines.



### Nasal Allergy Symptom Relievers (glucocorticoids)

- Reduce inflammation caused by histamine and many other chemicals released in response to allergy triggers.
- These chemicals cause nasal congestion and other nasal allergy symptoms such as sneezing, runny nose, and itchy nose.
- Provides maximum symptom relief when taken regularly.
- Available as nasal sprays.



### Other

- Nasal saline and lubricant eye drops.
- For other treatments like allergy shots or leukotriene blockers, talk to your allergist.

Some medicines are available over-the-counter and others need a prescription. Be sure to read the labels and use these products only as directed.

## POLLEN: MONTH-BY-MONTH

Ever wonder what are the best and worst months for pollen levels? Here's a quick guide:

LOW    HIGH	 TREES	 GRASS	 WEEDS
POLLEN LEVEL			
<b>JANUARY.</b> Cedar is high in the South but otherwise pollen is low across the U.S.			
<b>FEBRUARY.</b> Tree pollen, like alder and maple, is starting to creep up everywhere.			
<b>MARCH.</b> Tree pollen is dominant but weeds and grass could start if spring comes early.			
<b>APRIL.</b> This is the height of tree pollen like pine, mulberry and willow.			
<b>MAY.</b> It's a double whammy month with trees and grass being high everywhere.			
<b>JUNE.</b> This is the height of grass pollen like bermuda, rye and oat.			
<b>JULY.</b> Just as we get some relief from tree pollen, weed pollen starts in earnest.			
<b>AUGUST.</b> Weeds like pigweed, ragweed and nettle are in full effect.			
<b>SEPTEMBER.</b> The height of weed pollen—with pollen grains that spread easily in the wind.			
<b>OCTOBER.</b> Weeds are still high in the South and West but otherwise the air is pretty clear.			
<b>NOVEMBER.</b> It's a good month for outdoor allergies and ragweed is finally ending.			
<b>DECEMBER.</b> Outdoor allergens are at a low except that pesky Cedar Fever in the South.			

## FAMILY OF ZYRTEC® PRODUCTS

- Relieves your worst allergy symptoms.\*
- Relief of indoor and outdoor allergies.
- Original prescription strength.
- Available in Original Tablets, Liquid Gel Capsules, Dissolve Tabs, and ZYRTEC®-D Tablets.

## CHILDREN'S ZYRTEC®

- Clinically proven to relieve sneezing, runny nose, itchy, watery eyes, and itchy throat or nose for a full 24 hours.
- Available in bubble gum and grape-flavored allergy syrup for ages 2 and up.
- Also available in Dissolve Tabs for ages 6 and up.

\*Relieves sneezing, runny nose, itchy, watery eyes, and itching of the throat or nose; ZYRTEC®-D Tablets also relieve nasal congestion and sinus pressure.



Use products only as directed.

## RHINOCORT® ALLERGY SPRAY

- A product for nasal allergy relief with budesonide from the makers of ZYRTEC.®
- Original prescription strength—available over-the-counter.
- Relieves your most frustrating nasal allergy symptoms of nasal congestion, sneezing, runny nose, and itchy nose.
- Works all day and all night.
- Gentle on your nose.



Use only as directed.

# WHERE TO TURN FOR ALLERGY EDUCATION, POLLEN FORECASTS, AND MORE



- **ZYRTEC® ALLERGYCAST®\*\*** app—a free app (standard data rates apply) that's downloadable right from your mobile phone.
  - Get pollen counts and extended weather forecasts to help plan your day.
  - Log your allergy symptoms and track how you're feeling.
  - Go to Zyrtec.com to download via the App Store® or Google Play.™



Over 500,000 patient downloads!

- **Visit ZYRTEC.COM and RHINOCORT.COM**
  - Receive helpful allergy-management tools and tips.
  - Plus, product information and savings.

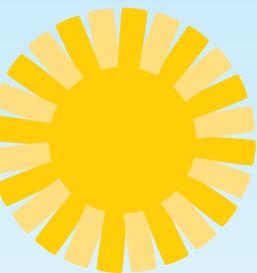


\*Available for iPhone® and Android™ App Store™ and iPhone® are trademarks of Apple Inc. Android™ and Google Play™ are trademarks of Google Inc.

\*\*The information contained in the Allergy Forecast is provided by third parties for information purposes only, and does not represent a guarantee of accuracy or an endorsement, direct or implied, by McNeil Consumer Healthcare Division of Johnson & Johnson Consumer Inc.

# CHECK OUT THESE ALLERGY SOLUTIONS FOR YOU AND YOUR FAMILY

CHOOSE YOUR FAMILY'S RELIEF	 SNEEZING	 RUNNY NOSE	 ITCHY, WATERY EYES	 ITCHING OF THE NOSE	 NASAL CONGESTION
 <b>ZYRTEC® Tablets</b>	●	●	●	●	
 <b>ZYRTEC® Liquid Gels</b>	●	●	●	●	
 <b>ZYRTEC® Dissolve Tabs</b>	●	●	●	●	
 <b>Children's ZYRTEC® Allergy Syrup</b>	●	●	●	●	
 <b>Children's ZYRTEC® Dissolve Tabs</b>	●	●	●	●	
 <b>ZYRTEC®-D Tablets</b>	●	●	●	●	●
 <b>RHINOCORT® Allergy Spray with budesonide</b>	●	●		●	●



## Additional resources for you:

- **American Academy of Allergy, Asthma & Immunology (AAAAI)**  
[www.aaaai.org](http://www.aaaai.org)
  - **American College of Allergy, Asthma & Immunology (ACAAI)**  
[www.allergyandasthma relief.org](http://www.allergyandasthma relief.org)
  - **Asthma and Allergy Foundation of America (AAFA)**  
[www.aafa.org](http://www.aafa.org)
  - **American Academy of Pediatrics (AAP)**  
[www.aap.org](http://www.aap.org)
- Also...**  
[www.healthychildren.org](http://www.healthychildren.org)
- **Allergy & Asthma Network Mothers of Asthmatics (AANMA)**  
[www.aanma.org](http://www.aanma.org)

Follow us here!



©J&JCI 2016 MAGBRO RHI-938899 7/16

Brought to you by the makers of



and



RHINOCORT® is a licensed trademark of AstraZeneca AB.