

# MY ALLERGY GUIDE



Use products only as directed.

## A GUIDE TO UNDERSTANDING YOUR ALLERGIES

🌿 INSIDE AND OUT 🌿

# DOES THIS SOUND LIKE YOU?

- You can't stop rubbing your itchy nose and eyes.
- Your nose and eyes are so watery that you look like you just watched a sad movie.
- You feel panicky after using the last tissue.
- You've been embarrassed by an uncontrollable symphony of sneezes.

If so, you might be struggling with allergies!

**Conquer your allergies today with the My Allergy Guide: a Guide to Understanding Your Allergies, Inside and Out.**

## WHAT'S INSIDE THIS GUIDE?



ALLERGY ESSENTIALS



ALLERGY MANAGEMENT



TOOLS & APPS



PRODUCTS



## TEST YOUR ALLERGY IQ

	YES	or	NO
1. Does the weather affect the amount of pollen in the air?			
2. Does the time of day matter when it comes to the pollen count?			
3. Are allergies passed on from parent to child?			
4. If I shave my dog, will it help my allergies?			

Whether you answered 1 right or all 4, there are many interesting facts to learn about allergies. Go to [Zyrtec.com](https://www.zyrtec.com) to discover what you need to know to stop muddling through allergies.

**ANSWERS:** 1. Weather conditions play a big role in pollen count. Two simple tips to keep in mind: Stay indoors when it's windy and venture outside after a heavy rain shower. 2. Pollen counts tend to be higher in the morning and into the early afternoon, although there are exceptions to this. It's best to stay indoors during peak pollen hours. 3. The tendency to develop allergies can be hereditary, which means it can be passed down from parent to child. Having a parent with allergies increases your risk of having 1 or more allergies—though the specific type is not passed down, the odds are just increased. 4. Shaving a dog only removes their fur. Dander, saliva, and urine are culprits of pet allergies.





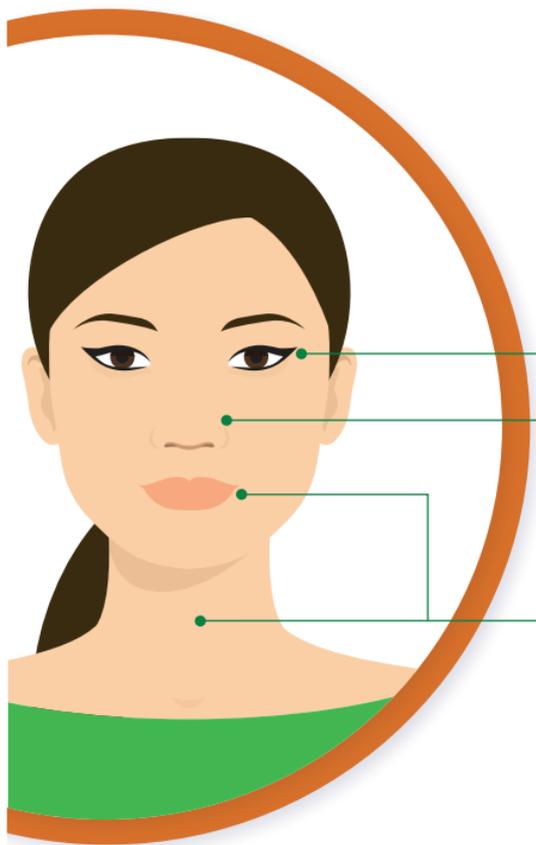
## DO I HAVE ALLERGIES?

### UNDERSTANDING ALLERGY SYMPTOMS

**Itchy nose? Itchy, watery eyes? Your body might be trying to tell you something.**

Your body can react when you come in contact with a normally harmless substance like pollen or pet dander. You may have allergies if you experience some or all of the symptoms shown below.

Pinpoint your symptoms to find out if you may have allergies



#### Eyes

- Rubbing your eyes because they're itchy.
- Eyes watering along with itching.
- Mild redness after rubbing your eyes.

#### Nose

- Rubbing your nose because it's itchy.
- Sneezing multiple times in a row.
- Runny nose with a thin, clear liquid.
- Hard to breathe through your nose because it's stuffy.

#### Throat/Mouth

- Itchiness in your throat or the roof of your mouth.



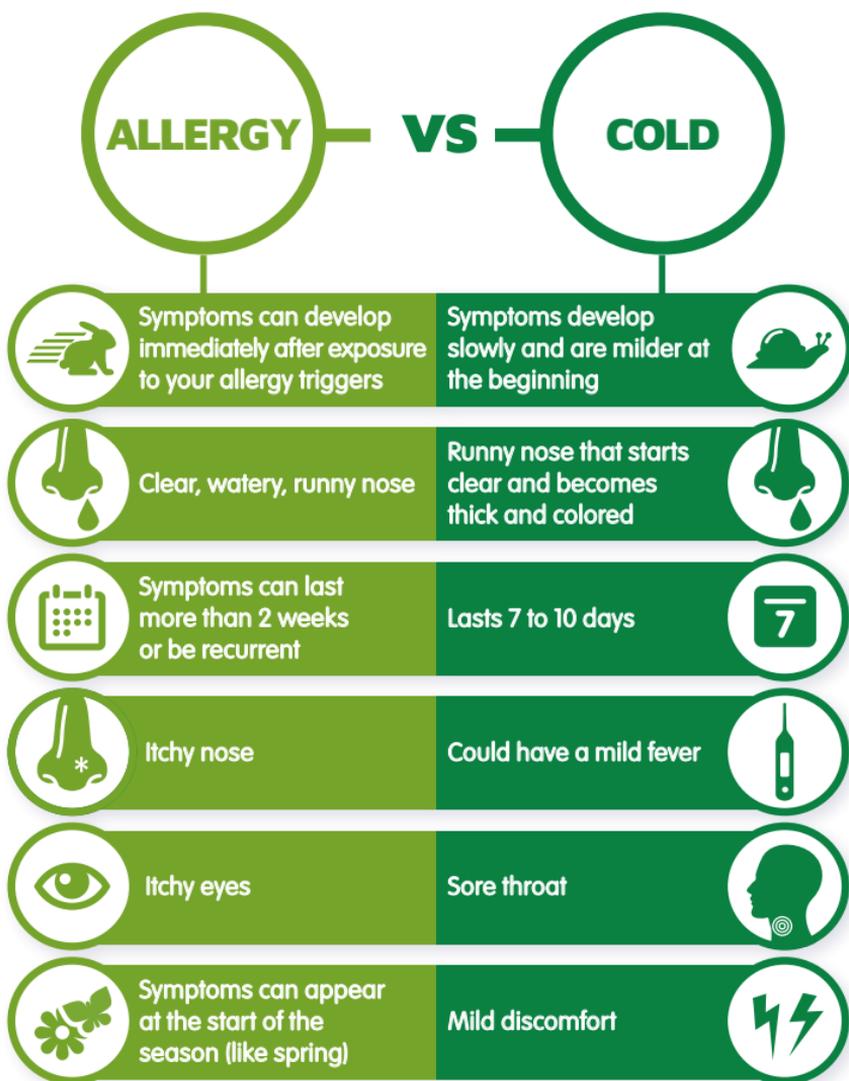
**Allergy facts or fiction?  
Take the quiz.**

Allergies can be confusing. Test your knowledge on common misperceptions and learn some helpful allergy facts at [Zyrtec.com](http://Zyrtec.com).

# ALLERGIES OR A COLD?

## DON'T BE FOOLED

**Sneezing a lot? Feeling really awful?** It could be allergies or a cold. It's tricky, but to get the appropriate relief, you have to know which one you have.



Some symptoms, like sneezing, are common in both allergies and colds.



**Allergy or a cold?  
Find out.**

Test your knowledge on [Zyrtec.com](https://www.zyrtec.com) now and the next time your symptoms confuse you, you'll know which medicines to use.



# WHAT TRIGGERS YOU?

## SEASONAL OR YEAR-ROUND ALLERGIES



### Spring and fall seasonal allergies: outdoor

- Caused by outdoor triggers like pollen.
- Nose and eye symptoms begin in the spring or fall when pollen counts rise.
- Some pollens peak in the summer months and can cause symptoms.



### Year-round allergies: indoor

- Caused by indoor triggers like dust mites and pet dander.
- Since you may be exposed to indoor triggers, nose and eye symptoms can occur during the day or at night and can recur all year round.



### Both: indoor and outdoor

- Some allergy sufferers have both seasonal and year-round allergy symptoms.

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In the following pages, you'll discover some simple methods that will help you manage your allergies.

### You will:



- Learn triggers and tips for each season. Recognizing your reaction to seasonal triggers is the first step toward enjoying the outdoors again.



- Find the hidden places where your triggers can be lurking and how to transform your digs so you can breathe easier when hanging out at home.



Hidden mold in your home?

Discover the signs and symptoms at [Zyrtec.com](https://www.zyrtec.com).

# TIPS FOR SEASONAL ALLERGY SUFFERERS:

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## Summer tips

- Have someone without allergies mow your lawn because grass pollen is everywhere.
- Consider vacationing to low pollen areas (like a beach).

## Fall tips

- Shower after spending time outdoors and change clothing.
- Don't hang clothes outside to dry because of the ragweed in the air.
- To cleanse on the go, consider using face wipes to remove small particles such as pollen, dust, dirt, and other impurities, while gently soothing your skin.



# Avoiding your seasonal allergy triggers can help you feel better

## Winter tips

- During the winter, you'll be inside more often. Read on to discover where indoor allergy triggers may be hiding in your home.
- Tree pollen, like alder and maple, is starting to creep up everywhere at the end of winter.

## Spring tips

- Avoid being outside in the morning when pollen counts are typically high.
- Keep house and car windows closed and use air conditioning.
- Remember that allergy symptoms can be worse on hot, dry, windy days and milder on rainy, cloudy, windless days.



Trees, grass, weeds...hay?

Discover allergy signs and symptoms at [Zyrtec.com](https://www.zyrtec.com).

# TIPS FOR YEAR-ROUND ALLERGY SUFFERERS:

## AVOIDING INDOOR TRIGGERS

**We love hanging out at home.** Unfortunately, so do those hidden triggers. Discover your triggers and tips for reducing them in your home.

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### Dust mites

- Can't be seen with the naked eye.
- Settle on your bed, upholstered furniture, and carpets.
- Like high humidity and warm temperatures.

#### Tips

- Use dust mite-proof mattresses and pillowcases.
- Wash sheets and blankets in hot water (130 °F) and use the dryer weekly.
- Keep humidity in the house low (below 50%).

### Pet dander

- Pet allergies are usually caused by cats or dogs.
- Symptoms are triggered by pet dander (found in the skin) or saliva, not the fur.

#### Tips

- Minimize contact and keep pets out of the bedroom.
- Vacuum your carpets regularly and avoid upholstered furniture.

### Mold

- Indoor mold and mildew live on damp indoor surfaces.

#### Tips

- Clean mold growth that can develop in areas such as on shower curtains, on walls in the bathroom, around the sink and countertops, and under water-damaged carpet.
- Fix leaky pipes.



**Mite be true?**

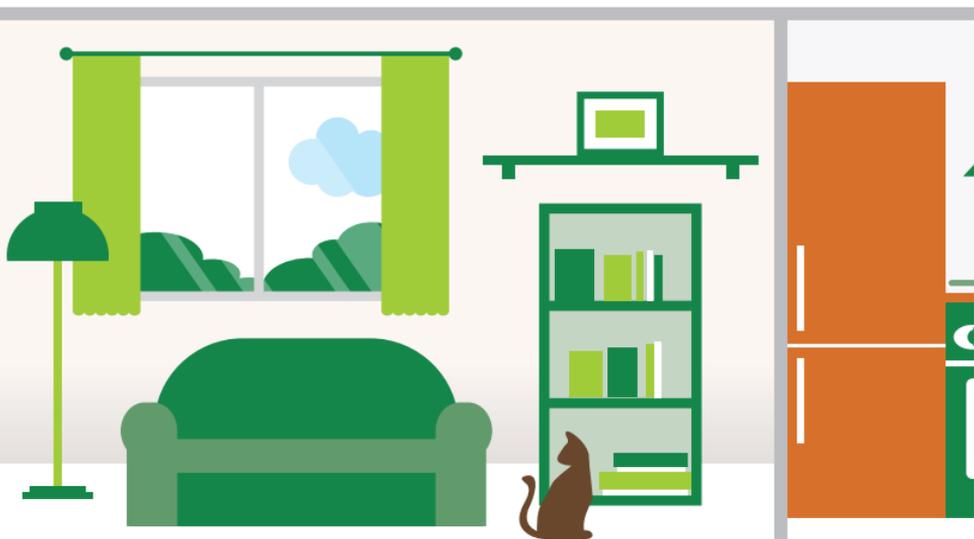
Did you know that microscopic dust mites leave droppings on your bedding that can cause allergic reactions? Find out what to do at [Zyrtec.com](https://www.zyrtec.com).

# Learn how to combat common allergy triggers in each room of your house



## BEDROOM

Dust, vacuum, and wash sheets on a weekly basis.



## LIVING ROOM

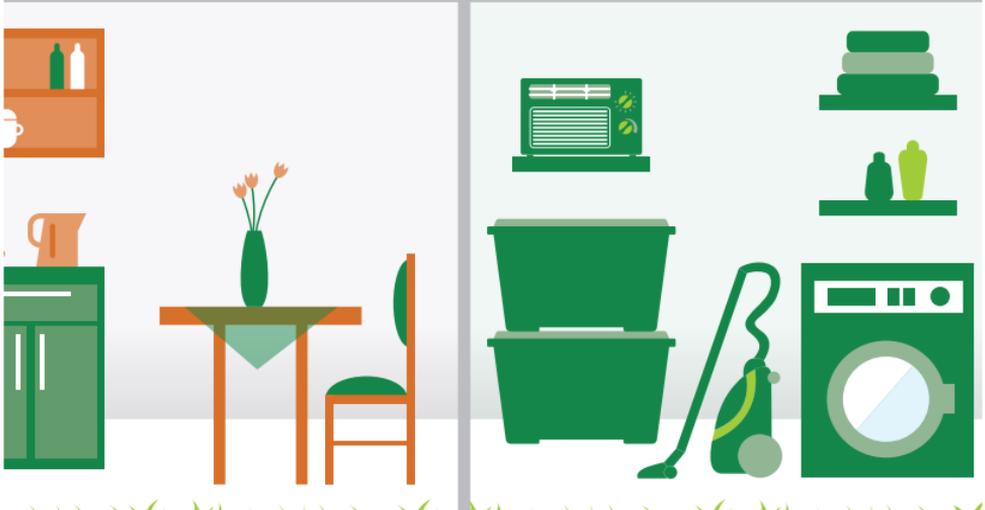
Use washable curtains or replace horizontal blinds with washable roller-type blinds.

# Find where pesky allergens are hiding in your home



## BATHROOM

Wipe down shower curtain after use.



## BASEMENT & LAUNDRY ROOM

Store clothes and collectibles in plastic bins to minimize dust and dampness.

## TIPS TO MANAGE CHILDREN'S ALLERGIES

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Children can be exposed to both indoor triggers (such as dust mites, mold, and animal dander) and outdoor triggers (such as trees, weeds, and grass pollen) while going about their daily activities.

- Shower or bathe them at the end of the day to remove allergens from body surfaces and hair.
- Clean regularly. Vacuum carpets frequently using a vacuum cleaner equipped with a HEPA filter and wash "cuddle" toys weekly in hot water.
- Use an air conditioner equipped with a HEPA filter and keep windows and doors shut to limit the pollen and mold entering your home.

### ALLERGIES & FAMILY

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**UP TO 80% OF CHILDREN WHO HAVE PARENTS WITH ALLERGIES DEVELOP THEM TOO<sup>1</sup>**

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**KIDS CAN GET ALLERGIES AT ANY AGE<sup>2</sup>**



**ALLERGY SYMPTOMS MAY START AS YOUNG AS 2 YRS OLD<sup>2</sup>**

1. <https://academic.oup.com/pch/article/6/8/555/2660372>  
2. <https://www.seattlechildrens.org/conditions/a-z/hay-fever/>

# MANAGE YOUR ALLERGIES:

## KEYS TO HELP YOU FEEL BETTER

- Understand your allergy symptoms.
  - Recognize your allergy symptoms.
  - Use your allergy medicine.
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### 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 and eye drops.



### Decongestants

- Shrink blood vessels that are swollen due to allergies and help relieve stuffy nose, along with 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 treatment options

- 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

LOW     HIGH	 TREES	 GRASS	 WEEDS
POLLEN LEVEL			
<b>JANUARY:</b> Cedar pollen is high in the south but low across the US.			
<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 tree and grass pollen 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 particles that spread easily in the wind.			
<b>OCTOBER:</b> Weeds are still high in the south and west; otherwise, the air is pretty clear.			
<b>NOVEMBER:</b> It's a good month for outdoor allergies and ragweed pollen is finally ending.			
<b>DECEMBER:</b> Outdoor allergens are at a low, except for that pesky "cedar fever" in the south.			



Did you know?

Allergy triggers can vary by region. Try the **ZYRTEC® ALLERGYCAST® App\*** to track triggers for your area.

\*Standard data rates apply.



# FAMILY OF BENADRYL® PRODUCTS



Use products only as directed.

- 4- to 6-hour relief from your worst allergy symptoms.\*
- Provides effective allergy relief when you need it most—day or night.
- Available in dye-free LIQUI-GELS®†, ULTRATABS®, and Extra Strength Tablets.

\*Relieves runny nose; sneezing; itching of the nose or throat; and itchy, watery eyes.

†LIQUI-GELS® is a registered trademark of Catalent Pharma Solutions, Inc.



Learn more at [Benadryl.com](http://Benadryl.com).

# VISINE® ALLERGY EYE RELIEF



Use product only as directed.

- Original prescription strength allergy eye relief.
- Clinically proven to relieve red, itchy eyes.



Learn more at [Visine.com](https://www.visine.com).

# FAMILY OF ZYRTEC® PRODUCTS



Use products only as directed.

- Works fast\* and stays strong.
- Relief of indoor and outdoor allergies.
- Original prescription strength.
- Available in Liquid Gels, Original Tablets, and Chewable Tablets.

\*Starts working at hour 1 and works 2x as hard when you take it again the next day.



Learn more at [Zyrtec.com](http://Zyrtec.com).



# GET YOUR ALLERGY FORECAST WITH THE ALLERGYCAST® APP\*†

In addition to your daily symptom severity predictions, you'll get an easy-to-use app that offers:

- Weather and allergy forecasts for your area that update based on your current location.
- Allergy tips to help you feel your best.
- A simple allergy symptom tracker.
- Personalized allergy insights and trends based on your tracked symptoms.
- A list of the top pollens in the air for that day.



Available on:



Available for iPhone® and Android™.

App Store® and iPhone® are trademarks of Apple Inc.

Android™ and Google Play™ are trademarks of Google Inc.

\*Standard data rates apply.

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

# STAY ONE STEP AHEAD:

## HANDY INFORMATION, RIGHT AT YOUR FINGERTIPS

### ZYRTEC® Video Library

Choose from a variety of subjects to get great tips on managing your allergies.

**WATCH NOW  
ON YOUTUBE!**

[www.youtube.com/zyrtec](http://www.youtube.com/zyrtec)



### ZYRTEC® Instagram

Check out our Instagram page to hear from allergy sufferers who found relief thanks to ZYRTEC®.

**FOLLOW US ON INSTAGRAM  
@ZYRTECALLERGY**



### ZYRTEC® Voice Skill

It's easier than ever to get more information about allergy symptoms, pollen counts, and more. Simply ask your Alexa or Google voice assistant to talk to ZYRTEC® to get answers quickly and easily.

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# OUTSMART ALLERGIES

GET POWERFUL RELIEF

🌿 CHOOSE WHAT FITS YOUR NEEDS 🌿