

Allergies occur when your immune system reacts to substance — such as [Pollen](#), Dust mites, Mold spores, Pet dander, [Food](#), Insect stings, [Medicines](#)

Normally, your immune system fights germs. It is your body's defense system. In most allergic reactions, however, it is responding to a false alarm. Allergies can cause a variety of symptoms such as a runny nose, sneezing, itching, [rashes](#), swelling, or [asthma](#). Allergies can range from minor to severe. [Anaphylaxis](#) is a severe reaction that can be life-threatening. Doctors use skin and blood tests to diagnose allergies. Treatments include medicines, allergy shots, and avoiding the substances that cause the reactions

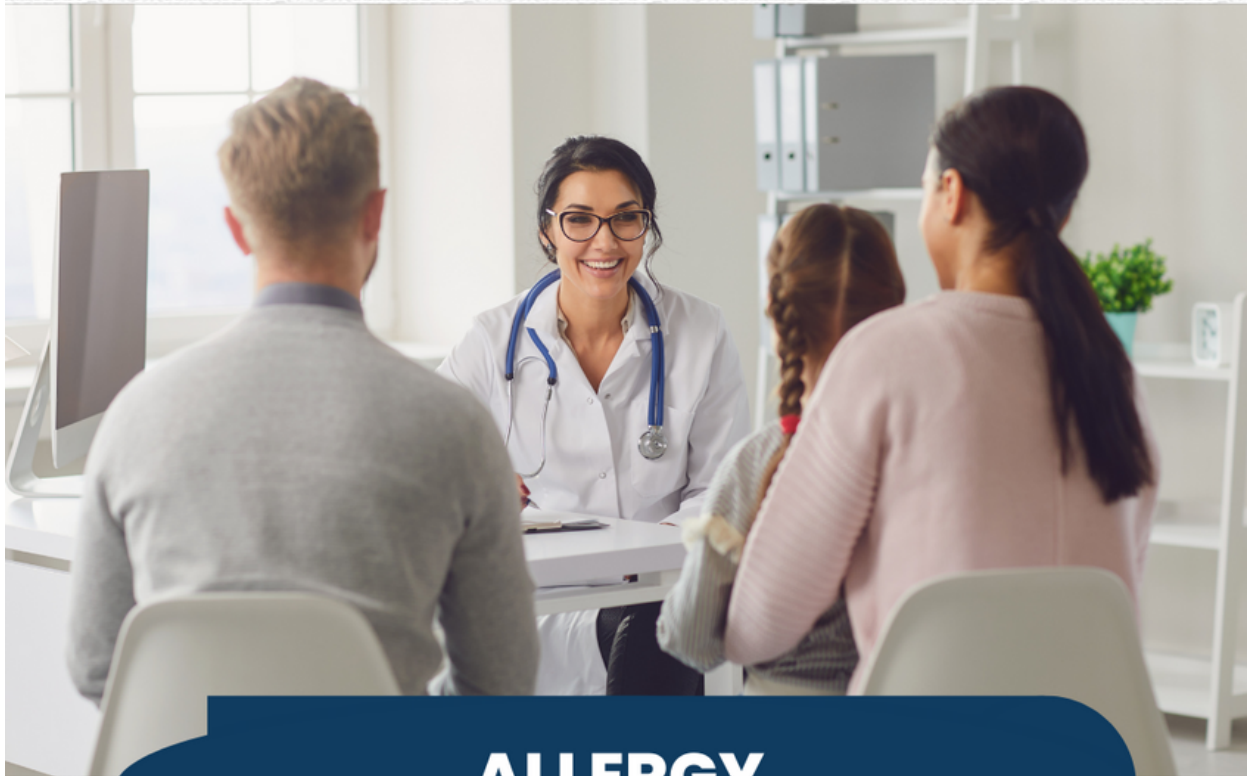
Allergic Rhinitis



Isham Broadway Pharmacy

(212) 567-3137

4996 Broadway



ALLERGY



☒ Allergic Rhinitis
Seasonal

☒ Prevention

More Info:

www.ishambroadwaypharmacy.com

This is called Allergic Rhinitis. This may cause problems in season if triggered by grass pollen or it can occur all year round if triggered by House dust mite, pets or molds. The symptoms/reaction for hay fever are different for each individual; here are a few of the symptoms that may occur when you come into contact with the allergen which triggers your allergic reaction. Sneezing Blocked nose Runny nose can be both Itchy watery eyes Headache Loss of concentration Itchy throat or roof of mouth General feeling of being unwell Rash Cough Difficulty in breathing If you know what the trigger is for your hay fever symptoms the best form of treatment is Avoidance. You can try to prevent the effects of mold spores by:- Increasing the ventilation in the home Cleaning refrigerators regularly Avoid hanging wet washing indoors Reducing the number of houseplants Wash windows in the kitchen and bathroom regularly Clean the shower regularly. If you have seasonal allergies, stay indoors when pollen counts are high. You should change clothes after being outdoors when you have been exposed to pollen. If you have dust mite allergies, you can also buy allergy control products for your home such as bed covers, air filters, or sprays that help kill dust mites. For dust mite allergies, using several of these avoidance measures has shown to be more effective than only using one. Avoiding pets is recommended for those who suffer from pet dander allergies. Washing pets twice weekly can also help reduce allergen levels, but may not reduce your symptoms

Patients are often successfully treated with oral antihistamines, decongestants, or both; regular use of an intranasal steroid spray may be more appropriate for patients with chronic symptoms. Regular use of an intranasal steroid spray may be more appropriate for patients with chronic symptoms. [80, 79] Daily use of an antihistamine, decongestant, or both can be considered either instead of or in addition to nasal steroids. The newer, second-generation (ie, nonsedating) antihistamines are usually preferable to avoid sedation Cetirizine (Zyrtec), montelukast (Singulair), has been approved in the United States for treatment of seasonal and perennial allergic rhinitis. **Sudafed Helpful for nasal and sinus**

congestion.





How Can I Prevent Allergic Rhinitis?

The first and best option is to avoid contact with allergens. Don't touch or rub your nose. Wash your hands often with soap and water. Use a [vacuum](#) to reduce allergen exposure while vacuuming. Wash your bed linens and pillowcases in hot water and detergent to reduce allergens. Use [dust-mite proof covers](#) for pillows, comforters, duvets, mattresses and box springs. Keep windows closed during high pollen and mold seasons. Use the air conditioner in your car and home

How to Prevent Airborne Allergens



How to prevent allergic rhinitis?



Air your home before 8:00 and after 20:00



Wash your nose twice a day



Keep your windows closed in your car



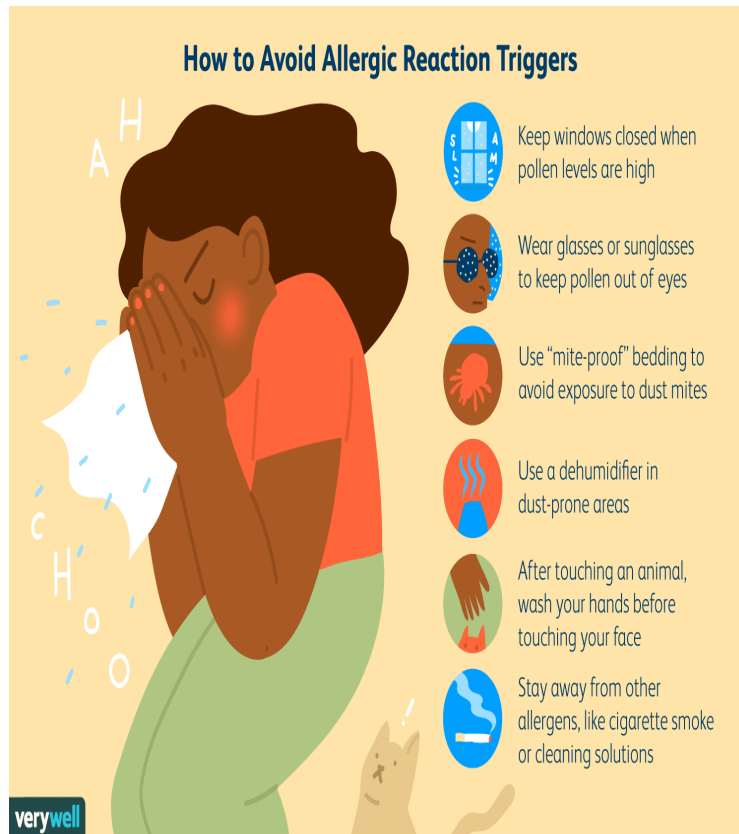
Wear sunglasses & avoid contact lens



Have a shower at the end of the day



Avoid drying clothes outside & change clothes daily



Keep windows in your home and car closed as much as possible to prevent pollen. The best times to be outdoors are when pollen levels are lowest. Peak pollination occurs for a few hours after sunrise and during the hours after sunset.

Enjoy the outdoors on rainy, cloudy and windless days. Pollen is minimized when these weather conditions exist.

If gardening, avoid touching your face and especially eyes.

Shower after spending time outdoors. Pollen tends to collect in your hair and skin and ends up on your pillow which may worsen symptoms long after your exposure.

Use air conditioning to filter pollen from the air in your home.

Avoid activities that cause pollen to reenter the air such as lawn mowing or leaf blowing or use a facial mask and goggles if unable to avoid this contact during these activities.

Wear a hat with a wide brim and sunglasses to reduce the amount of pollen that blows into your eyes.

Apply and rinse your eyes with saline eye drops after being outdoors to wash away pollen.

Saline sinus rinses can bring much relief to those with chronic sinus or rhinitis problems by removing pollen from the nasal and sinus passages.

Mantenga las ventanas de su casa y de su automóvil cerradas tanto como sea posible para evitar que entre el polen. Use aire acondicionado para filtrar el polen del aire en su hogar.

Dúchate después de pasar tiempo al aire libre. El polen tiende a acumularse en el cabello y la piel.