

Helpful Tips for Allergy Management

Allergen Avoidance (see information under our website's "Resources" tab – educational handouts – allergy environmental control)

My symptoms are happening

2 x a week or less

3x a week or more

Over the counter second Generation antihistamines such as Claritin® (loratadine), Allegra® (fexofenadine), or Zyrtec® (cetirizine)

OR

Nasal steroids-Flonase® (fluticasone) Nasacort® (triamcinolone), or Rhinocort® (budesonide)

AND

As needed over the counter allergy eye drops

Over the counter Nasal steroids-Flonase® (fluticasone) Nasacort® (triamcinolone), or Rhinocort® (budesonide)

Consider adding Over the counter second generation antihistamines such as Claritin® (loratadine), Allegra® (fexofenadine), or Zyrtec® (cetirizine)

AND

As needed over the counter allergy eye drops

If fail to improve, OR if routinely developing allergy caused sinus/ear infections/asthma OR if you wish to minimize medications/become Desensitized to allergens, Allergist Consultation with discussion of Allergen Immunology