

allergy relief



sigh of relief

You can breathe easy
this allergy season



UNDERSTANDING ALLERGIES

When your body overreacts to something you breathe, touch, or eat, you have an allergy.

Many substances can trigger allergic reactions. The most common include pollen, mold, animal dander, and dust. In response, your body may produce some or all of these symptoms:

- Runny or stuffy nose
- Watery eyes
- Itchy nose and eyes
- Sneezing
- Pressure in the nose and cheeks
- A feeling of fullness in the ears
- Dark circles under the eyes
- Hives

Do these symptoms sound all too familiar? If so, you're not alone. Millions of Americans are affected by allergies every year. But you can breathe easy. Rite Aid is proud to offer you this free allergy relief guide. Use it to learn about common allergens and the steps you can take to avoid them, as well as ways to find relief when you can't.

The bottom line: You don't have to suffer from allergies. With help from your doctor, allergist, and Rite Aid pharmacist, you can make a plan to feel better.

**Talk with your Rite Aid pharmacist about common allergy symptoms
— and find out how to relieve them.**



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WEATHERING SEASONAL ALLERGIES



Springtime sneezin' season

As spring approaches, the world seems to come to life. But so, too, may your allergies. Seasonal allergies — also called hay fever and perennial or nasal allergies — can be especially irritating during the springtime months. Reactions include sneezing, a stuffy or runny nose, and itchy, watery eyes.



Falling for fall allergies

You can run, but it's hard to hide from ragweed and hay fever. Each ragweed plant releases up to a billion pollen grains. So in many areas between August and November, people with ragweed allergy sneeze, rub their eyes, blow their noses, and mark time until the first freeze ends fall allergy season.

Get relief

Take control of seasonal allergies with these tips:

- Avoid outside activity when pollen counts are highest, usually between 5 and 10 a.m. and on dry, windy days.
- Keep windows closed and use air-conditioning in your home and car.
- Shower before bed to wash off pollen in your hair and on your skin.
- Avoid stirring up pollen; let someone else rake leaves and mow the lawn.
- Check area pollen and mold reports daily at **www.riteaid.com/allergy**.



If these steps don't help, talk with your doctor or consider seeing an allergist. Your doctor may suggest prescription medicines or immunotherapy shots.

Ask your Rite Aid pharmacist about over-the-counter antihistamines, decongestants, and nasal sprays, or the prescription medication that may be right for you.

ALLERGY ALERT

Keep an eye out

Do your eyes ever water, itch, hurt, or become red or swollen? You could have eye allergies, which occur when an allergen, such as pollen or dust, comes into contact with your eyes. Eye allergies often accompany nasal allergy symptoms, such as sneezing, sniffing, and a stuffy or runny nose. Over-the-counter eyedrops and oral medicines can offer short-term relief. Your doctor or allergist may recommend prescription eyedrops or oral medications.



That stings!

For most people, insect stings cause a minor rash. But reactions can be more severe for people who are allergic to stinging insects, such as bees, wasps, and hornets. Get emergency help right away if reactions involve swelling, trouble breathing, tightness in the throat or chest, dizziness, or vomiting.



Leaves of three, leave them be

Some plants and flowers aren't as nice as they seem. Coming in contact with poison ivy, oak, and sumac can cause an unpleasant rash, swelling, or blisters. Wear long sleeves and pants if you're going into a wooded area. Watch out for leaves in groups of three or plants with black spots. Immediately wash skin, clothing, or any item that comes into contact with these plants.



RiteAid.com is your go-to resource for allergy relief. Visit www.riteaid.com/allergy today to take action against allergies.

ALLERGY OR COLD: HOW CAN YOU TELL?

Runny nose, sneezing, wheezing — you may be familiar with these symptoms, but how do you know if you're dealing with allergies or a cold? Use this chart to pinpoint what's causing your symptoms. Just remember: This doesn't replace a professional diagnosis.

	SYMPTOMS	DURATION	TRIGGERS OR CAUSES
Allergies	<ul style="list-style-type: none"> • Runny or stuffy nose • Sneezing • Wheezing • Itchiness of eyes, nose, and throat <p>Symptoms begin almost immediately after exposure to allergen(s).</p>	Symptoms last as long as you're exposed to the allergen and until the reaction ends. If the allergen is present year-round, symptoms may be chronic.	Allergens such as pollen, mold spores, pet dander, dust, foods, insect stings, and some medications
Colds	<ul style="list-style-type: none"> • Fever • Aches and pains • Allergy symptoms <p>Symptoms usually take a few days to hit full force.</p>	Symptoms should clear up within several days to a week.	Virus
Acute Sinusitis	<ul style="list-style-type: none"> • Profuse, thick, colored nasal drainage • Bad-tasting postnasal drip • Cough • Head congestion or headache • A "plugged-up" nose • A feeling of facial swelling • Toothache • Constant tiredness • Fever 	Symptoms may persist for several weeks, especially if untreated.	<p>Acute sinusitis is often caused by a bacterial infection. It usually develops as a complication of a viral respiratory infection, such as the common cold, especially if symptoms last more than seven to 10 days.</p> <p>The inflammation seen is usually triggered by inadequate draining. This may be due to allergies, infections, or physical problems in the nose.</p>
Chronic Sinusitis	Symptoms are similar to those of acute sinusitis, but patients usually don't have a fever.	Chronic sinusitis is diagnosed when sinusitis symptoms last longer than eight weeks.	Factors such as allergies or bacterial infection also play a major role in chronic sinusitis by producing mucus and swelling in the sinus membranes.

ALLERGY-PROOFING YOUR HOME

You can do a lot to avoid outdoor allergens, but what about the allergens lurking inside your home? Here's how to steer clear of the most common indoor allergy triggers.

Dust mites

These tiny bugs live in even the cleanest homes. Favorite habitats include mattresses, carpets, upholstered furniture, and stuffed animals. To cut down dust mite populations:

- Place airtight covers over mattresses, box springs, and pillows.
- Use a dehumidifier to keep humidity low.
- Consider buying a vacuum with a high-efficiency particulate air (HEPA) filter.

Mold

Mold spores can grow indoors in damp, moist areas of your home. To reduce mold:

- Keep humidity low. Dehumidifiers, air conditioners, and ventilation fans can help.
- Scrub mold off walls and other surfaces with detergent and water or a weak bleach solution.
- Fix leaky faucets.

Pet dander

If you own a dog, cat, or other pets with fur or feathers:

- Keep them outside. If they live indoors, keep them out of the bedroom.
- Recruit allergy-free family members to rinse pets down once or twice a week with water. Frequent brushing also helps.
- Wash your hands after playing with your pets.



HAVE FOOD ALLERGIES?

5 TIPS FOR DINING OUT

Food allergies can cause serious, even life-threatening, reactions. Unfortunately, not all restaurant employees are properly trained to provide allergy-safe meals, and hidden ingredients can also cause reactions. So what can you do to have a safer dining experience?

- 1 **Get smart:** Know the food(s) that cause your allergies, including all the names they're called. The most common food allergens are milk, eggs, peanuts, wheat, soybeans, fish, shellfish, and tree nuts.
- 2 **Find hidden culprits:** Some foods may contain hidden allergens. For example, peanuts may be hiding out in chili or baked goods, while wheat could be lurking in hot dogs and ice cream. Read food labels carefully and always ask about ingredients when someone else is preparing your food.
- 3 **Speak up:** Tell the waitstaff about your allergy and ask about any menu items that may cause problems. Review the restaurant's menu in advance; menus are often posted online.
- 4 **Keep medicines close:** Emergencies never give forewarning. Carry your food-allergy medication, such as epinephrine, with you at all times.
- 5 **Wear alert gear:** Wear a medical alert bracelet or necklace so others can quickly identify your allergy in an emergency.



WHEN TOUCH TURNS TO RASH

Think of the dozens of things that touch your skin every day — from soap and lotions to coins and cleaning supplies. For some people, these everyday substances can cause their skin to break into an itchy, red, blistery rash called contact dermatitis.

What's behind the itch?

Common causes include:

- Nickel, such as in coins, jewelry, and zippers
- Latex, found in gloves and shoe linings
- Fragrances in perfumes, lotions, and other skin care products
- Chromate, found in leather and paint
- Hair dye



Reactions may develop 24 to 48 hours after contact and can take 14 to 28 days to disappear.

Rash remedies

Over-the-counter antihistamines may help relieve itching. These self-care measures may also help:

- Avoid washing the rash with soap. If necessary, use a mild soap.
- Apply allergy-free moisturizing ointment or baby oil to soothe irritated skin.
- Avoid scratching. It can break skin and open the door to an infection.

If you don't get relief from these self-care measures, talk with your doctor. If your rash is severe, he or she may prescribe topical corticosteroid creams.

Ask your Rite Aid pharmacist about relief for rashes, and see pages 10 and 11 for over-the-counter recommendations.

FINDING RELIEF OVER THE COUNTER

Now that you know what can trigger your allergies, here's how to get relief.

SYMPTOMS	WHAT TO USE	HOW THEY WORK
<ul style="list-style-type: none">• Runny nose• Sneezing• Watery and itchy eyes	Oral antihistamines	Block histamine, which causes many allergy symptoms, such as itching of the eyes and nose, runny nose, and sneezing
<ul style="list-style-type: none">• Runny nose• Stuffy nose• Sneezing• Watery and itchy eyes	Oral antihistamines/decongestants	Block histamine to relieve allergy symptoms, including itching of the eyes and nose, runny nose, and sneezing. Narrow blood vessels and reduce blood flow in the affected area, which helps clear congestion and improve breathing.
<ul style="list-style-type: none">• Runny nose• Stuffy nose	Saline rinses	Physically remove and thin out secretions. May rinse out allergens and irritants.
<ul style="list-style-type: none">• Stuffy nose	Oral decongestants	Narrow blood vessels and reduce blood flow in the affected area, which helps clear congestion and improve breathing
	Nasal decongestants	Same as above. Do not use for more than three days because rebound congestion can occur.
	Nasal strips	Lift the sides of the nose to open the nasal passages
<ul style="list-style-type: none">• Watery and itchy eyes	Eyedrops: antihistamine/mast cell stabilizer	Block and prevent the release of histamine to relieve symptoms
<ul style="list-style-type: none">• Watery, itchy, red eyes	Eyedrops: antihistamine/decongestant	Narrow blood vessels and block histamine in the eye to relieve symptoms. Some eyedrops should not be used for more than three days.
<ul style="list-style-type: none">• Runny nose• Sneezing	Nasal mast cell inhibitors	Prevent release of histamine and other triggers, but do not stop inflammation once it begins. Start treatment before allergy season begins and use daily.
<ul style="list-style-type: none">• Itchy skin, rash, hives	Moisturizing creams	Lubricate dry skin
	Anti-inflammatory ointments and creams: topical corticosteroids	Act against most causes of inflammation by decreasing the formation, release, and activity of histamine and other triggers of inflammation
	Topical antihistamines	Block histamine and may provide some local anesthetic activity to relieve itching
	Oral antihistamines	Block histamine, one of the most important mediators of the allergic response

Use this chart to find products that can help ease your symptoms. This chart is not intended as a substitute for medical advice or diagnosis. Consult an allergist or your Rite Aid pharmacist for the best allergy treatment options.

PRODUCTS AVAILABLE AT RITE AID

Rite Aid Cetirizine, Zyrtec: cetirizine
Rite Aid Complete Allergy, Benadryl: diphenhydramine
Rite Aid Loratadine, Claritin: loratadine
Chlor-Trimeton: chlorpheniramine maleate
Tavist: clemastine

Rite Aid Cold and Allergy Elixir, Dimetapp Cold and Allergy Elixir: brompheniramine/phenylephrine
Rite Aid Lorata-D, Claritin-D: loratadine/pseudoephedrine
Benadryl D: diphenhydramine/phenylephrine
Zyrtec-D: cetirizine/pseudoephedrine

NeilMed Sinus Rinse Kit

Rite Aid Pseudoephedrine, Sudafed: pseudoephedrine
Sudafed PE: phenylephrine

Rite Aid 12-Hour Nasal Spray, Afrin: oxymetazoline
Neo-Synephrine: phenylephrine

Rite Aid Nasal Strips, Breathe Right

Alaway, Claritin Eye, Zaditor, Zyrtec Eye: ketotifen fumarate ophthalmic solution

Rite Aid Eye Allergy Relief Drops, Naphcon-A, Visine-A: naphazoline and pheniramine

NasalCrom: cromolyn sodium

Rite Aid Oatmeal Lotion, Aveeno, Eucerin

Rite Aid Hydrocortisone, Cortizone 10: hydrocortisone cream, lotion, and ointment

Rite Aid Anti-Itch Cream (spray or gel), Benadryl Topical: diphenhydramine combination products

Rite Aid Cetirizine, Zyrtec: cetirizine
Rite Aid Complete Allergy, Benadryl: diphenhydramine
Rite Aid Loratadine, Claritin: loratadine
Chlor-Trimeton: chlorpheniramine maleate
Tavist: clemastine



DOUBLE
TROUBLE:
ALLERGIES
AND ASTHMA

Did you know? About one in 15 Americans has asthma, a chronic lung disease in which the airways swell and narrow. About 50% of asthma cases are allergic asthma, which means asthma attacks are triggered by the same pesky particles that cause allergies.

*Allergy relief products may interact with other medications or health conditions, so be sure to tell your doctor and Rite Aid pharmacist what you are taking. Remember, children should only be treated under the direction of their physician. Be sure to follow the labeled instructions.

Rite Aid is proud to be your trusted resource for allergy relief. Use the information in this guide to learn how you can feel better and breathe easier this allergy season. Visit **www.riteaid.com/allergy** for more helpful resources.

