

## How can I control my symptoms?

Seasonal and perennial nasal allergies can be treated effectively using medications. Many are available without a prescription. Talk to your doctor or pharmacist to determine which one of these is best for you.

Medication	How it might help	What to keep in mind
Antihistamines come as <ul style="list-style-type: none"> <li>• Oral medications (taken by mouth)</li> <li>• Nasal sprays</li> </ul>	Reduces itching, sneezing, eye irritation, and runny nose.	<ul style="list-style-type: none"> <li>• Not effective for nasal congestion.</li> <li>• May cause drowsiness.</li> <li>• Antihistamine nasal sprays may leave a bad taste in the mouth.</li> </ul>
Decongestants come as <ul style="list-style-type: none"> <li>• Oral medications (taken by mouth)</li> <li>• Nasal sprays</li> </ul>	Reduces nasal congestion.	<ul style="list-style-type: none"> <li>• Can cause difficulty sleeping, loss of appetite, or excessive nervousness.</li> <li>• Decongestant nasal sprays may temporarily reduce nasal congestion but can cause even more severe congestion if used for more than 3 to 5 days or more often than recommended.</li> <li>• People with high blood pressure and heart problems should check with their doctor before using decongestants.</li> </ul>
Cromolyn sodium nasal spray	Effective in some people for controlling symptoms of nasal allergies.	<ul style="list-style-type: none"> <li>• Works only if used before nasal symptoms appear.</li> <li>• Won't work during an active allergy attack.</li> </ul>
Corticosteroid nasal spray	<ul style="list-style-type: none"> <li>• Highly effective treatment of nasal allergies.</li> <li>• Used as the primary preventive treatment for patients with moderate to severe allergies.</li> </ul>	<ul style="list-style-type: none"> <li>• May cause nasal dryness. (New therapies that may not have this side effect are now available.)</li> <li>• As an oral medication, can be taken over the short term (3 to 7 days) for treatment of severe symptoms.</li> </ul>

### How can I tell if I should see a doctor?

If you have tried to treat your nasal allergies with over-the-counter medications but aren't getting any relief after 2 or 3 days—or if you are getting worse—call your doctor. Call your doctor if you have any of the following symptoms because they could indicate that you have a more serious condition such as an infection:

- Fever of 102°F lasting more than 2 days
- Discolored nasal discharge
- Frequent, severe headaches or facial pain
- Ear pain
- A severe sore throat
- Diarrhea lasting more than 2 days
- Vomiting lasting more than 12 hours
- Wheezing (noisy or difficult breathing)

### More Information

For more information on nasal allergies, try these resources:

- Call toll free 1-877-882-1020
- Visit [www.RhinocortAqua.com](http://www.RhinocortAqua.com)