

# LIFE'S NO PLACE FOR ALLERGIES™

## Over-the-counter ZYRTEC® is here

**Prescription-strength relief without the prescription**

### What is ZYRTEC®?

ZYRTEC® is an antihistamine (a type of allergy medicine) that provides effective 24-hour relief of indoor and outdoor upper respiratory allergy symptoms. ZYRTEC® was available by prescription for years, but now it's available over the counter (OTC).

### Is the OTC version of ZYRTEC® the same as the Rx strength?

Yes, over-the-counter ZYRTEC® is the same strength previously available only by prescription.

### Will ZYRTEC® make me drowsy?

When using ZYRTEC®, drowsiness may occur. In clinical testing, 14% of ZYRTEC® patients reported becoming drowsy. In addition, in these clinical trials, 99% of patients who started on ZYRTEC® stayed with ZYRTEC®.<sup>1,2</sup>

ZYRTEC® was the #1 prescribed antihistamine in the U.S.<sup>3</sup> Additionally, in a survey with more than 180,000 respondents, 93% of patients reported satisfaction with prescription ZYRTEC®.<sup>4</sup>

### What symptoms does ZYRTEC® relieve?

ZYRTEC® relieves runny nose, sneezing, itchy watery eyes, and itchy nose and throat due to indoor/outdoor allergies. To relieve itching due to hives, try Children's ZYRTEC® Hives Relief Syrup.

### Who can benefit from taking ZYRTEC®?

ZYRTEC® is approved for ages 6 and up, and Children's ZYRTEC® Allergy Syrup is appropriate for ages 2 and up when used as directed. The active ingredients in ZYRTEC® and ZYRTEC-D® Tablets have been prescribed by doctors for years to treat millions of patients.

### How much does ZYRTEC® cost?

ZYRTEC® can cost up to 1/3 less than the co-pay for prescription antihistamines.<sup>5</sup> ZYRTEC® provides great value, as well as 24-hour allergy relief.

### Is ZYRTEC® covered by Flexible Spending Accounts (FSAs) or Health Savings Accounts (HSAs)?

ZYRTEC® is covered by most FSAs and HSAs. Check with your benefits administrator for more information about coverage.

### What if I'm not getting the relief I need with my current OTC antihistamine?

Since people react differently to different antihistamines, you should try ZYRTEC®. For you, it may provide the relief you're looking for.

### If I have a stuffy nose along with my other allergy symptoms, what can I do?

ZYRTEC-D® Tablets might be right for you. ZYRTEC-D® Tablets provides indoor/outdoor allergy relief along with a powerful decongestant. Just ask for it at the pharmacy or service counter.

References: 1,2. In trials for US approval of ZYRTEC® (n=2034). Data on file, McNEIL-PPC, Inc. 3. IMS Total Prescription 2004 – 2007. 4. Based on a consumer satisfaction telephone survey of 180,643 patients from 1999 to 2002. 5. Comparison based upon 1-month supply of ZYRTEC® vs Tier 3 antihistamine. Check with your health plan to understand your current Rx co-pay.

For Customer Service call 1-800-343-7805  
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### What formulations of ZYRTEC® are available?

ZYRTEC® is available in a wide range of formulations to meet your needs.



#### ZYRTEC® Tablets

- 10 mg tablets



#### Children's ZYRTEC® Allergy Syrup

- Great-tasting grape syrup (1 mg/1 mL)



#### Children's ZYRTEC® Chewables

- Available in 5 mg and 10 mg strengths



#### Children's ZYRTEC® Hives Relief Syrup

- Great-tasting grape syrup (1 mg/1 mL)

### Available behind the pharmacy or service counter



#### ZYRTEC-D® Tablets

(cetirizine HCl 5 mg/  
pseudoephedrine HCl 120 mg)

- 12-hour allergy relief with nasal decongestant

Use only as directed.



# LIFE'S NO PLACE FOR ALLERGIES™



If you sneeze a lot or have a runny or stuffy nose that never seems to go away, there's a good chance you have upper respiratory allergies. They affect more than 50 million people in the United States alone.

## What are some common allergy symptoms?

People with allergies often experience sneezing, runny nose, stuffy nose (congestion), or itchy watery eyes.

## Isn't there more than one kind of allergy—what's the difference?

If your symptoms are only at certain times of the year, chances are it's seasonal allergic rhinitis, or outdoor allergies. Common triggers (substances that cause an allergic response) include tree, grass, and weed pollens or mold.

If your symptoms are year-round, it's probably perennial allergic rhinitis, or indoor allergies. Common triggers include animal dander (tiny skin flakes or saliva from animals), indoor mold, and dust mites.

## What can I do to cope with my allergies? If you have outdoor allergies:

- Keep windows closed and use air conditioning
- Stay indoors during peak pollen hours: usually 5 AM to 10 AM
- Change your clothes after you've been outside
- Don't hang laundry outside to dry
- Avoid mowing the lawn or raking leaves

## If you have indoor allergies:

- Opt for hardwood, tile, or linoleum floors. Choose area rugs over wall-to-wall carpeting when possible
- Keep pillows, mattresses, and box springs in plastic or special allergen-proof fabric covers
- Wash bedding in hot water (130°F)
- Vacuum weekly, using a HEPA filter or a double bag
- Avoid pets with fur or feathers. If you can't, then minimize contact
- Use a cleaning solution containing 5% bleach and a small amount of detergent to eliminate indoor molds

*There's also something you can take for your allergy symptoms...*

## Powerful relief—it's what's in store



- The same strength as prescription ZYRTEC®—now available over the counter
- 24-hour relief of indoor and outdoor allergy symptoms
- Can cost up to 1/3 less per month than the co-pay for prescription antihistamines\*
- Wide range of formulations to meet your needs

Visit [Zyrtec.com](http://Zyrtec.com) for product information and helpful allergy management tools

Visit [myhealthyseasons.com](http://myhealthyseasons.com) for tools to manage your health and coupons for leading over-the-counter products

**Try ZYRTEC®**  
**LIFE'S NO PLACE FOR ALLERGIES™.**

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