



RELIEVE My Allergy Symptoms

Learn about common medication options for relieving allergy symptoms and make your next trip to the pharmacy a more informed one.

Common allergy medicines: know your options

Oral Antihistamines

Treat a broad range of allergy symptoms: sneezing; itchy, watery eyes; runny nose; and itching of the throat or nose. They work by blocking histamine—the chemical the body releases that causes the allergy symptoms in the first place.

Nasal Sprays

Saline solutions may help liquefy secretions and decrease the risk of crusting in the sinus cavities. Decongestant solutions relieve nasal congestion and restore freer breathing through the nose. They work by shrinking swollen membranes and helping clear nasal passages.

Other strategies for allergy relief

In addition to taking allergy medicine, make sure you try to avoid or reduce the allergy triggers around you.

Decongestants

Relieve nasal and sinus congestion by shrinking swollen membranes.

Eye Drops

Temporarily relieve itchy eyes due to pollen, ragweed, grass, and animal hair and dander.

Some eye drops also contain redness reducers.

Important reminder: Every allergy medicine is different, so it is critical that you read and follow the label for each product.

Your allergy profile

My most bothersome symptoms: _____

My allergy triggers: _____

My allergy medications: _____

My physician's contact information

Name: _____ Address: _____

Phone: _____ Office hours: _____

Questions for my doctor _____



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