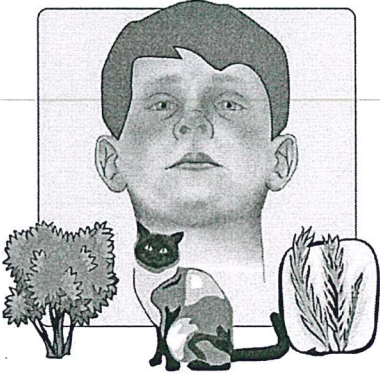


Nasal Allergies

Nasal allergies are a reaction to allergens in the air. Allergens are tiny specks (*particles*) in the air that cause your body to have an allergic reaction. Nasal allergies are not passed from person to person (*contagious*). They cannot be cured, but they can be controlled. Common causes of nasal allergies include:



- Pollen from grasses, trees, and weeds.
- House dust mites.
- Pet dander.
- Mold.

HOME CARE

- Avoid the allergen that is causing your symptoms, if you can.
- Keep windows closed. If possible, use air conditioning when there is a lot of pollen in the air.
- **Do not** use fans in your home.
- **Do not** hang clothes outside to dry.
- Wear sunglasses to keep pollen out of your eyes.
- Wash your hands right away after you touch household pets.
- Take over-the-counter and prescription medicines only as told by your doctor.
- Keep all follow-up visits as told by your doctor. This is important.

GET HELP IF:

- You have a fever.
- You have a cough that does not go away (*is persistent*).
- You start to make whistling sounds when you breathe (*wheeze*).
- Your symptoms do not get better with treatment.
- You have thick fluid coming from your nose.
- You start to have nosebleeds.

GET HELP RIGHT AWAY IF:

- Your tongue or your lips are swollen.
- You have trouble breathing.

- You feel light-headed or you feel like you are going to pass out (*faint*).
- You have cold sweats.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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