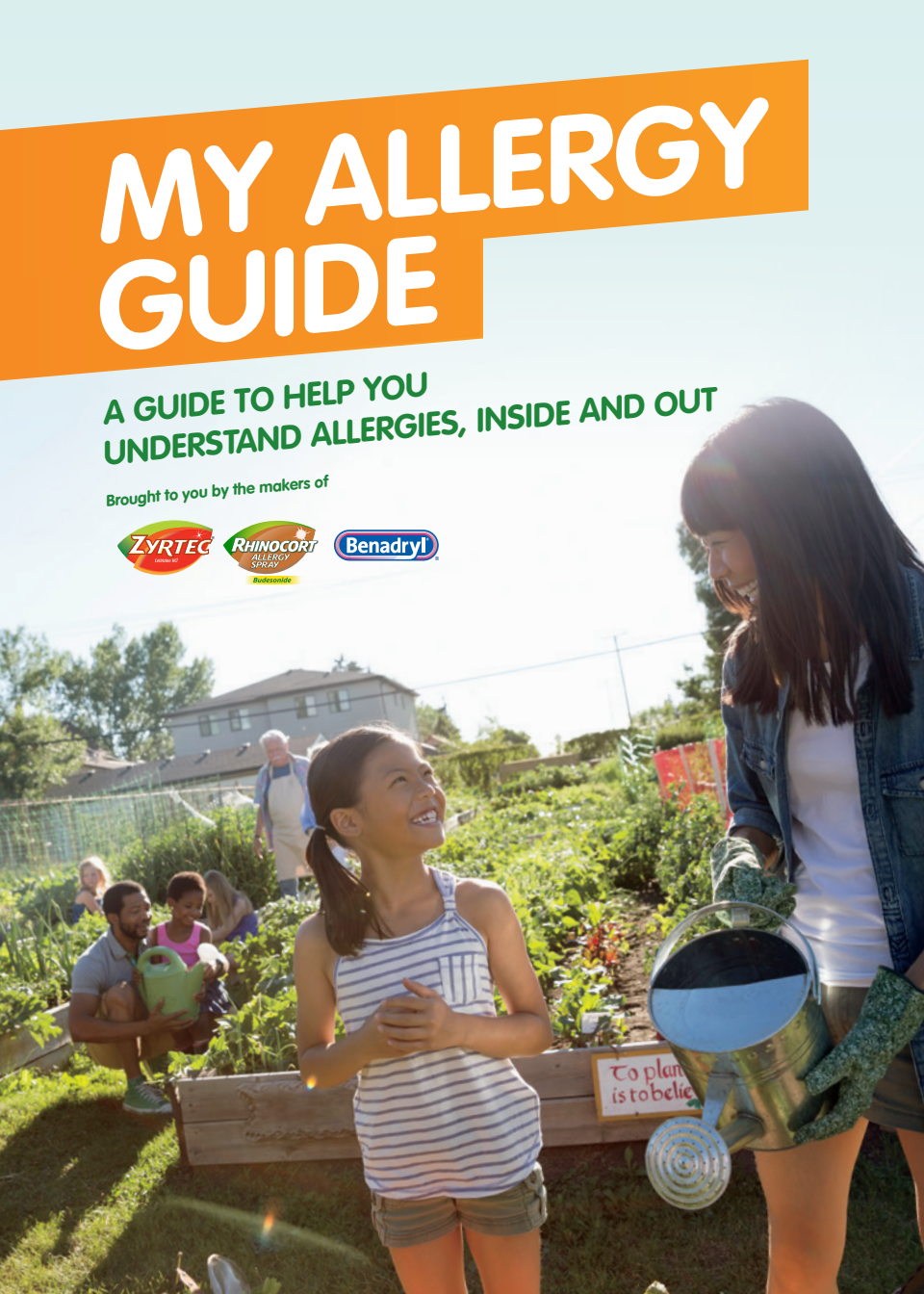


MY ALLERGY GUIDE

A GUIDE TO HELP YOU UNDERSTAND ALLERGIES, INSIDE AND OUT

Brought to you by the makers of



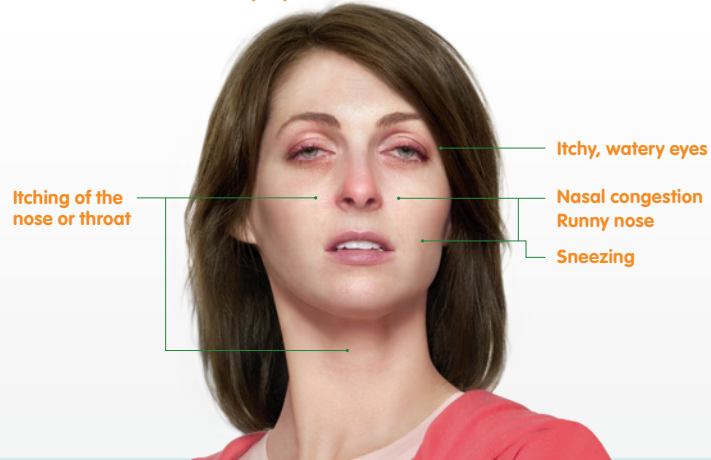
EVERYONE EXPERIENCES ALLERGIES A LITTLE DIFFERENTLY

This brochure provides tips on treatment options and education to help you understand allergies—inside and out.

WHAT IS AN ALLERGY?

Allergies occur when your immune system overreacts to normally harmless substances called allergens. Your body releases a chemical called histamine, and you start to experience a variety of symptoms.

Here are the tell-tale symptoms:



DIFFERENT TYPES OF ALLERGIES

If you or a family member suffer from allergies at certain times of the year, such as spring or fall, seasonal (outdoor) allergies may be the culprit. If you suffer from allergies throughout the year, it could be due to perennial (indoor) allergies.

ALLERGENS ARE ALL AROUND US

OUTDOOR ALLERGENS

Tree pollen

Usually the first seasonal pollen to appear. Trees can start producing pollen as early as January in the South.

Grass pollen

While grass pollen usually affects people outdoors, it can be carried in by wind, people, and pets.

Weed pollen

Weed pollen usually flourishes in late summer and early fall, and can be particularly troublesome on dry, hot, windy days.



INDOOR ALLERGENS

Dust mites

These tiny creatures are typically found in bedding and carpets.

Pet dander

Pet allergies stem from these proteins contained in an animal's dander or dead skin cells that flake off.

Mold and mildew

Indoor mold grows in damp areas like the shower.



MANAGING ALLERGY SYMPTOMS: MAKING SMALL CHANGES IN YOUR ENVIRONMENT MAY MAKE A BIG DIFFERENCE

When inside:

- Keep mold to a minimum by regularly cleaning bathrooms, basements, and other damp areas.
- Use a High Efficiency Particulate Air (HEPA) filter. This will help eliminate dust and other allergens from your home.
- Dust with a damp cloth each week and vacuum carpets frequently.

When outside:

- Try not to go outdoors between the hours of 10 AM and 4 PM, when pollen is at its worst. If you DO go outside, shower as soon as possible to remove pollen from your skin and hair.
- Don't hang clothes outside to dry—pollen can attach to fabric.

Do you or someone in your family sneeze around cats or dogs? It may be a pet dander allergy.

Cat dander and saliva trigger allergy symptoms. Dog dander and fur can also lead to allergy symptoms.

If you have pets...

- Keep them off upholstered furniture and carpets, and out of the bedroom, because pet allergens can remain in the carpet and furniture.
- Bathe pets frequently to wash away dander and pollen that may cling to their fur.
- Choose low-pile carpets and steam clean regularly.

Remember:

Taking allergy medicine consistently, as directed, can help relieve allergy symptoms

DID YOU KNOW...

KIDS HAVE A 33% CHANCE OF GETTING ALLERGIES IF ONE PARENT HAS THEM AND A 70% CHANCE OF GETTING ALLERGIES IF BOTH PARENTS DO

GIRLS ARE MORE LIKELY TO GET ALLERGIES IF THEIR MOM HAS THEM

BOYS ARE MORE LIKELY TO GET ALLERGIES IF THEIR DAD HAS THEM

The infographic features a grid of 21 stylized human figures (10 white, 10 orange, 1 white) representing children. To the right, text explains the statistics. Below, silhouettes of a mother and father holding hands with their children illustrate the gender-specific findings.



ALLERGY MEDICINES AT A GLANCE

Antihistamines

- Block histamine, which is the main chemical that causes sneezing, runny nose, itching, watery eyes, and itchy nose and throat.

Decongestants

- Shrink blood vessels that are swollen due to allergies and help relieve stuffy nose, and sinus congestion and pressure.

Nasal Allergy Symptom Relievers (glucocorticoids)

- Reduce inflammation caused by histamine and many other chemicals released in response to allergy triggers.
- These chemicals cause nasal congestion and other nasal allergy symptoms such as sneezing, runny nose, and itchy nose.

Other

- Nasal saline and lubricant eye drops.
- Allergy shots or leukotriene blockers.



WHAT'S THE BEST OPTION FOR YOU?

	 SNEEZING	 RUNNY NOSE	 ITCHY, WATERY EYES	 ITCHING OF THE NOSE	 NASAL CONGESTION
ZYRTEC®					
 ZYRTEC® Tablets	●	●	●	●	
 ZYRTEC® Liquid Gels	●	●	●	●	
 ZYRTEC® Dissolve Tabs	●	●	●	●	
 ZYRTEC-D® Tablets	●	●	●	●	●
 Children's ZYRTEC® Allergy Syrup	●	●	●	●	
 Children's ZYRTEC® Dissolve Tabs	●	●	●	●	
RHINOCORT®					
 RHINOCORT® Allergy Spray with budesonide	●	●		●	●
BENADRYL®					
 BENADRYL® Allergy Plus Congestion	●	●	●	●	●
 BENADRYL® Allergy ULTRATAB® Tablets	●	●	●	●	
 Children's BENADRYL® Allergy Liquid	●	●	●	●	

RELIEF FOR YOUR INDIVIDUAL ALLERGY NEEDS

ZYRTEC®



Use only as directed.

Consistent relief of allergies, day after day

- Relieves both indoor and outdoor allergies.
- Original prescription strength.
- Available in Original Tablets, Liquid Gel Capsules, Dissolve Tabs, and ZYRTEC-D® Tablets.

RHINOCORT® ALLERGY SPRAY



Use only as directed.

Nasal allergy relief that's gentle on the nose

- Relieves your most frustrating nasal allergy symptoms of nasal congestion, sneezing, runny nose, and itchy nose.
- Works all day and all night.
- Original prescription strength—available over-the-counter.

CHILDREN'S ZYRTEC®



Use only as directed.

Relieves kid's allergy symptoms for a full 24 hours

- Clinically proven to relieve sneezing, runny nose, itchy, watery eyes, and itchy throat or nose.
- Available in bubble-gum and grape-flavored allergy syrup for ages 2 and up.
- Dye-free and sugar-free syrup.
- Also available in Dissolve Tabs for ages 6 and up.

BENADRYL®



Use only as directed.

Relief you can trust when you need it most

- Relieves itchy nose and/or throat, itchy, watery eyes, runny nose, and sneezing.
- Additionally BENADRYL® Allergy Plus Congestion relieves sinus pressure and congestion.
- Also available in dye-free bubble gum, cherry, and grape syrup as well as grape-flavored chewable tabs for ages 6 and up.
- Available in ULTRATAB® Tablets, LIQUI-GELS® Capsules, and BENADRYL® Allergy Plus Congestion.

GET PERSONALIZED ALLERGY FORECASTS AND WEATHER ON-THE-GO.

ZYRTEC® ALLERGYCAST®+ app—an app that's downloadable right from your mobile phone.

*Standard data rates apply.

- Get pollen counts and extended weather forecasts to help plan your day
- Log your symptoms and track how you are feeling to discuss with your doctor
- Go to ZYRTEC.com to download via the App Store® or Google Play™



ZYRTEC® app for Amazon Alexa and Google Assistant

AllergyCast® is now available on Alexa and across all Google Home devices.

- All you have to do is enable the skill, then say "Alexa, start ZYRTEC®" or "OK, Google, talk to ZYRTEC®."
- The app helps you get the weather, pollen count, and your Allergy Impact score, letting you know how the allergens may make you feel. So, you'll be in the know—wherever you go!



Download to sign up for these allergy resources today!

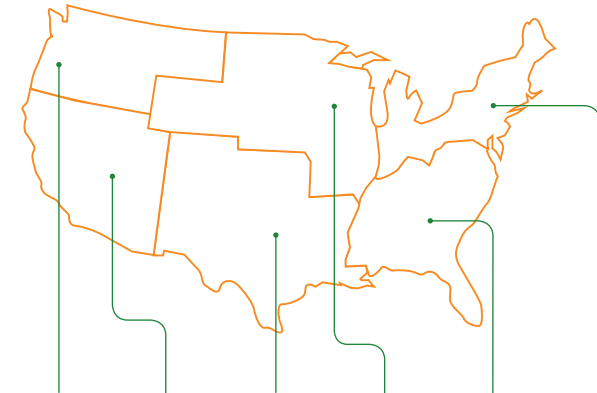
*Available for iPhone® and Android™.






































































































































†Standard rates for your plan apply. The information contained in the allergy forecast is provided by third parties for information purposes only, and does not represent a guarantee of accuracy or an endorsement, direct or implied, by McNeil Consumer Healthcare Division of McNEIL-PPC, Inc.

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Understanding Allergy Triggers Month-by-Month



	Northwest	Southwest	South Central	Midwest	Southeast	Northeast
	  	  	  	  	  	  
JANUARY						
FEBRUARY						
MARCH						
APRIL		 	 		  	 
MAY	  	  	  	  	  	  
JUNE	  	  	  	  	  	  
JULY	 	  	 	 	  	  
AUGUST	 	  	  	 	  	 
SEPTEMBER		 	  	 	  	  
OCTOBER			  		 	 
NOVEMBER						
DECEMBER						



THERE'S MORE INFORMATION AT YOUR FINGERTIPS



Visit Zyrtec.com, Benadryl.com, and Rhinocort.com

For more allergy and product information plus savings.

Join our [HEALTHY ESSENTIALS®](http://HealthyEssentials.com) Program

Go to healthyessentials.com to get additional tips on allergies and wellness plus money saving coupons.

Additional allergy resources

**American Academy of Allergy,
Asthma & Immunology (AAAAI)**
www.aaaai.org

**American College of Allergy,
Asthma & Immunology (ACAAI)**
www.allergyandasthma relief.org

**Asthma and Allergy Foundation
of America (AAFA)**
www.aafa.org

**American Academy
of Pediatrics (AAP)**
www.aap.org
www.healthychildren.org

Allergy & Asthma Network
www.allergyasthmanetwork.org

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