



# Are you tired of sniffing & sneezing?

You may have what is referred to as:  
**Nasal Allergies – Allergic Rhinitis**

*... a common inflammatory condition affecting the nose & sinuses, which may occur seasonally or year round.* Left untreated rhinitis can lead to coughing, dark circles under the eyes, fatigue, poor concentration and more.

**Symptoms of rhinitis include:**

- > Itchy nose
- > Watery nasal discharge
- > Bouts of sneezing
- > Nasal congestion



Triggers – allergens such as pollens, grass, pet dander and dust-mites or irritants such as household cleaning chemicals, fresh air sprays, perfume and smoke.



**Open  
Airways**

Helping Bermuda Breathe

[www.openairways.com](http://www.openairways.com)

### Avoidance measures –

- Buy a new pillow every year.
- Consider encasing mattress in barrier cover.
- Wash sheets weekly in hot water.
- Reduce soft furnishings and stuffed toys especially in the bedroom.
- Clean without chemicals using microfiber cloths.
- Do not use fresh air sprays, plug-in air fresheners or scented candles.
- Remove carpets if possible.
- Use a vacuum fitted with a HEPA filter.
- Open windows every day.
- Do not allow pets in the bedroom – if possible keep pets outside.
- Wash pet bedding regularly.
- Do not bring Easter lilies into the home.

### Treatment options

*Medication is selected according to symptoms, severity and duration.*

- Non-drowsy antihistamine tablets such as – **Claritin®** (*Loratadine*) non prescription or **Zyrtec®**, or **Singulair®** on prescription - may be taken as needed.
- Some antihistamines such as **Piriton™**, **Benadryl®** and **Phenergan** can cause drowsiness and should not be taken during the day.
- For persistent symptoms prescription nasal sprays such as **Avamys®**, **Rhinocort®**, **Nasonex®**, **Flixonase** and **Astelin®** are helpful; these should be used daily during your allergy season.

Learn More - Breathe Better

Contact your doctor, talk to your pharmacist or contact:

<b>Open Airways</b> <i>Tracy Nash RN</i>	<b>232-0264</b> <a href="mailto:oaatn@northrock.bm">oaatn@northrock.bm</a>
<b>KEMH</b> <i>Debbie Barboza RN</i>	<b>239-1652</b> <a href="mailto:asthma.centre@bhb.bm">asthma.centre@bhb.bm</a>
<b>School Asthma Nurse</b> <i>DeAnn Trott RN</i>	<b>332-8915</b> <a href="mailto:djtrott@gov.bm">djtrott@gov.bm</a>



GENEROUSLY SUPPORTED BY ALLIED WORLD ASSURANCE COMPANY