



Spring is here!

An important reminder from our Allergists to help you through this allergy season.

Anti-inflammatory **nasal sprays** are the most effective way to treat and prevent moderate, severe, or persistent allergy symptoms.

Several nasal steroids available without a prescription.

Nasacort Allergy 24 hr, Flonase Allergy Relief, Rhinocort Allergy

Start using before your symptoms begin. Use every day until allergy season is over.

It may take a few days or up to two weeks to gain the full benefits.

Be preventative! Start Nasal Steroid before your nasal allergies get out of control.

Helpful Over-the-Counter allergy medicines to take along with your nasal steroid.

- **Non-Drowsy Antihistamines**

Loratadine (Claritin), Cetirizine (Zyrtec), Fexofenadine (Allegra)

- **Eye Drops**

Ketotifen (Zaditor)

- **Sinus Rinse Kit**

Scan the QR code for a video demonstration

