

# Seasonal Allergies

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## SELF CARE MEASURES:

remove pollen from hair and skin

- x Use oral antihistamines containing cetirizine, loratadine, or fexofenadine for runny nose, itching, and sneezing. Brand names include Zyrtec®, Claritin®, and Allegra®.
- x Use over the counter corticosteroid nasal sprays (Flonase® or Nasacort®). These are most effective when used daily.
- x x are

## WHEN TO SEE A MEDICAL PROVIDER:

- x If you are