



FROM  
YOUR DOCTOR

# Help for your runny nose

Your doctor can recommend medications to help with your allergies, but there are many other things you can do to help yourself:



## If you go outdoors . . .

- Take the medications your doctor has prescribed. Make sure you take the correct amount and at the right time. Some allergy medicines must be taken *before* you are exposed to allergens.
- Try to avoid activities that always make you feel worse. Let someone else mow the lawn!
- If you are bothered by hay fever at certain times every year, try to remain indoors at those times, especially when pollen counts are high.

## In your home . . .

- Consider installing an air conditioner in your bedroom, and change furnace filters often.
- Dust and vacuum regularly. Be especially thorough in the bedroom.
- If you use a humidifier, clean it carefully and frequently.
- House plants look nice, but they can harbor molds. Stay away from them if you have nasal allergies. Molds also are found in old books and piles of newspapers.

## About your pet . . .

- You love your pet and want to keep it—but it makes you sneeze. You don't necessarily have to give it up. Try keeping it out of the bedroom. Many pet owners find that sleeping in a very clean, pet-free room allows them to keep the animal.
- Regular pet grooming sometimes helps allergic pet owners. Have this done professionally—don't do it yourself.

**patient**  
**care**

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