

# Allergic Rhinitis Action Plan.

## **Green Zone**

Symptoms: Intermittent and Mild

## **Green Zone Plan**

Take:  
Non-Sedating Antihistamines as needed  
•Aerius, Allegra or Claritin  
•Reactine if above are ineffective

## **Yellow Zone**

Symptoms: One or more of the following due to Rhinitis

- Abnormal Sleep
- Impaired daily activities (e.g. sports, leisure, etc)
- Problems at work or school
- Bothersome symptoms

## **Yellow Zone Plan**

Take:  
**Beconase** two sprays in each nostril once per day  
If **Beconase** is ineffective, add a Non-Sedating antihistamine  
If **Beconase** and antihistamines are ineffective, add Singulair

## **Red Zone**

Symptoms: Still Bothersome  
Non-responsive to medications

## **Red Zone Plan**

**SEE PHYSICIAN.**

**All relevant allergens should be avoided**

Prescription eye drops can be used at any point if eye symptoms are present

Dr. Harold Kim