

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:
Avamys two sprays in each nostril once per day
If **Avamys** is ineffective, add a Non-Sedating antihistamine
If **Avamys** 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