

# 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:

**Nasonex** one spray in each nostril once per day

If **Nasonex** is ineffective, add a Non-Sedating antihistamine

If **Nasonex** 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