

# health hints

## Tips To Relieve Drip

(NAPSA)—When seasonal allergies cause sneezing, runny noses and scratchy throats, post nasal drip is usually not far behind.

In the past year, one in three adults suffered from post nasal drip and half of them complained of a sore throat.

“Sometimes, the mucus thickens in viscosity and/or increases in amount, due to the onslaught of allergies. This can result in the sensation of post nasal drip, which can be irritating and cause a sore throat or persistent cough,” said Stefanie Ferreri, a clinical professor at the School of Pharmacy at the University of North Carolina.

She offers the following tips to help soothe symptoms:

- Know the pollen count and keep windows shut when it's high.

- Don't smoke. Even second-hand smoke can irritate a sore throat and watery eyes.

- Choose an over-the-counter, non-drowsy antihistamine to help alleviate your symptoms.

- Ease a sore throat with an over-the-counter medicine, such as Cepacol Sore Throat from Post Nasal Drip Lozenges.

- Don't use feather pillows, as feather allergies are common; try synthetic hypoallergenic ones instead.

- Dust frequently with a damp cloth or oiled mop, as dust, dust mites and dander are also common allergens.

- To kill dust mites, clean washable items, such as throw rugs and bedding, using water hotter than 130 degrees.

- Vacuum whenever possible to remove dust mites and dander.

For more throat-saving tips, visit [www.cepacol.com](http://www.cepacol.com).