



Pointers for Parents

New Allergy Management Options For Adults And Children

(NAPSA)—Whether at home, work or the park, fall allergies can put a damper on your plans. More than 50 million Americans suffer from indoor and outdoor allergic rhinitis.

The good news is that there are many things allergy sufferers can do to help get back to enjoying their passions, despite their allergies. The following tips can help to minimize exposure to allergens and manage symptoms:

• **Don't wait for spring:** Give your home a thorough cleaning this fall to prevent dust and allergens from settling on furniture and in carpets.

• **Keep the air conditioner on:** Recirculate air to keep outdoor allergens out.


• **Clean soles:** Wipe the soles of your shoes before entering your house to minimize tracking allergens inside.

• **Pets in the house:** Pet dander can cause allergic reactions, so to minimize exposure, keep your pet off the furniture and out of your bedroom.

• **Know your triggers:** Make note of what triggers your family's allergy symptoms, so you can try to avoid or prepare for them whenever possible.

While the tips above can help minimize exposure to allergens, allergies are sometimes unavoidable for the millions of Americans who suffer from them. For children with seasonal allergies, the change of the seasons, sports and even the school building itself can

Allergy sufferers can get back to enjoying their passions despite their allergies with the following helpful tips to minimize exposure to allergens and manage symptoms:

- Give your home a thorough cleaning
- Keep the air conditioner on
- Wipe the soles of your shoes
- Keep your pet out of the bedroom 

trigger symptoms like sneezing, runny nose and itchy-watery eyes. To help with your allergy routine, there are two new allergy options available without a prescription at most pharmacies and retail stores:

• **Children's ZYRTEC® PERFECT MEASURE™**—prefilled spoons of sugar-free, dye-free, grape-flavored allergy medicine for children ages 6 years and older. The prefilled spoons are an easy way for parents to help their children get relief from allergy symptoms throughout the entire day, without having to measure their medicine.

• **ZYRTEC® Itchy Eye Drops**—No other over-the-counter allergy itchy eye drop works faster or longer. Available in the allergy aisle, ZYRTEC® Itchy Eye Drops provides allergy sufferers ages 3 years and older up to 12 hours of relief.

Allergy sufferers can now rely on these two new products for convenient and effective treatment options. For more information and other helpful tips, please visit www.zyrtec.com.