

## How do I treat...

### **SNEEZING, RUNNY NOSE, ITCHY/WATERY EYES**

You may need an antihistamine.

#### **Oral options include:**

- Desloratadine (Clarinex)
- Diphenhydramine (Benadryl, Banophen)
- Cetirizine (Zyrtec, Children's Aller-Tec)
- Fexofenadine (Allegra, Aller-Ease, Wal-Fex Allergy)
- Levocetirizine (Xyzal)
- Loratadine (Claritin, Alavert, AllerClear)

*Avoid products that also contain decongestants—these will be delayed-release formulations. Avoid capsules if there is a tablet option. Liquids may be high in sugar or alcohol.*

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### **STUFFY NOSE/ CONGESTION**

You may need a decongestant.

#### **Oral options include:**

- Pseudoephedrine (Sudafed, Contact)
- Phenylephrine (Sudafed PE)
- Coricidin HBP (This is recommended if you have high blood pressure.)

*Avoid 12-hour formulations.*

#### **Nasal options include:**

- Oxymetazoline (Afrin, Neo-Synephrine)
- Phenylephrine (Vicks Sinex).

*Do not use for more than three consecutive days.*

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### **ACHES, PAINS, FEVER**

- Acetaminophen (Tylenol) tablet form only

*If fever is 102.2 or greater, seek medical attention.*

#### **Consider eye drops for red/itchy/watery eyes.**

- Ketotifen (Zaditor, Alaway, Claritin Eye, Zyrtec Itchy Eye)
- Olopatadine (Pataday, Patanol, Pazeo)

#### **You may need a steroid nasal spray.**

- Fluticasone (Flonase Allergy, Veramyst)
- Triamcinolone (Nasacort Allergy)

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### **RASH**

- Diphenhydramine (Benadryl) use tablet form or cream
- Hydrocortisone topical cream

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### **CHEST CONGESTION**

You may need an expectorant.

- Guaifenesin (Mucinex, Robitussin) available in many different dosage forms.

*Avoid 12-hour formulations. Liquids may be high in sugar or alcohol; look for sugar-free options.*

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### **COUGH**

You may need a cough suppressant.

- Dextromethorphan (Robitussin DM, Delsym) available in many different dosage forms.

*Avoid 12-hour formulations. Liquids may be high in sugar; look for sugar-free options.*