

MY ALLERGY GUIDE



Use products only as directed.

A GUIDE TO UNDERSTANDING YOUR ALLERGIES

INSIDE AND OUT

From Your **#1 Allergist Recommended Oral Antihistamine Brand**



Use products only as directed.

FAMILY OF ZYRTEC® PRODUCTS

GET POWERFUL RELIEF.

CHOOSE WHAT FITS YOUR NEEDS

DOES THIS SOUND LIKE YOU?

- You can't stop rubbing your itchy nose and eyes.
- Your nose and eyes are so watery that you look like you just watched a sad movie.
- You used all the tissues on your runny nose.
- You've been embarrassed by an uncontrollable symphony of sneezes.

If so, you might be struggling with allergies!

Conquer your allergy symptoms today with the My Allergy Guide, a Guide to Understanding Your Allergies, Inside and Out.

WHAT'S INSIDE THIS GUIDE?



ALLERGY ESSENTIALS



MANAGE YOUR ALLERGIES



TOOLS & APPS



PRODUCT SOLUTIONS

OUTSMART ALLERGIES



- Works fast* and provides 24-hour relief.
- Relief of indoor and outdoor allergies.
- Works fast* and stays strong day after day.
- Original prescription strength.

*Starts working at hour 1.



- #1 pediatrician recommended children's allergy brand*.
- 24-hour allergy relief, stays strong all day and night.
- Relief of indoor and outdoor allergies.
- Original prescription strength.
- Available in Chewable Tablets (Grape), Liquid (Bubble Gum & Grape), and Dissolve Tablets (Citrus).

*Among OTC oral antihistamines.

ZYRTEC® Hives is also available for Hives Relief!



- From the #1 Allergist- and Pediatrician recommended OTC Oral Antihistamine Brand
- ZYRTEC® Hives reduces hives and relieves itching due to hives

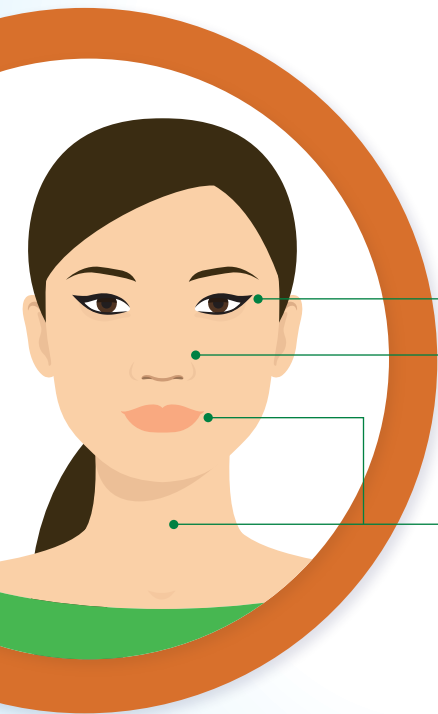
DO I HAVE ALLERGIES?

UNDERSTANDING ALLERGY SYMPTOMS

Itchy nose? Itchy, watery eyes? Your body might be trying to tell you something.

Your body can react when you come in contact with a normally harmless substance like pollen or pet dander. You may have allergies if you experience some or all of the symptoms shown below.

Pinpoint your symptoms to find out if you may have allergies.



Eyes

- Rubbing your eyes because they're itchy.
- Eyes watering along with itching.
- Mild redness after rubbing your eyes.

Nose

- Rubbing your nose because it's itchy.
- Sneezing multiple times in a row.
- Runny nose with a thin, clear liquid.
- Hard to breathe through your nose because it's stuffy.

Throat/Mouth

- Itchiness in your throat or the roof of your mouth.

TEST YOUR ALLERGY IQ

	YES	or	NO
1. Does the weather affect the amount of pollen in the air?	<input type="radio"/>		<input type="radio"/>
2. Does the time of day matter when it comes to the pollen count?	<input type="radio"/>		<input type="radio"/>
3. Are allergies passed on from parent to child?	<input type="radio"/>		<input type="radio"/>
4. If I shave my dog, will it help my allergies?	<input type="radio"/>		<input type="radio"/>

Whether you answered one right, or all four, there are many interesting facts to learn about allergies. **Go to www.zyrtec.com** to discover what you need to know to stop muddling through allergies.

ANSWERS: **1.** Weather conditions play a big role in pollen count. Two simple tips to keep in mind—stay indoors when it's windy and venture outside after a heavy rain shower. **2.** Pollen counts can vary throughout the day. Use allergycast to track pollen levels before going outside. It's best to stay indoors during peak pollen hours. **3.** The tendency to develop allergies can be hereditary, which means it can be passed down from parent to child. Having a parent with allergies increases your risk of having one or more allergies—though the specific type is not passed down, just the increased odds. **4.** Shaving Rover only removes his fur. Dander, saliva, and urine are culprits of pet allergies.



Allergy facts or fiction?
Take the quiz.

Allergies can be confusing. Test your knowledge on common misperceptions and learn some helpful allergy facts at www.zyrtec.com.



MANAGE YOUR ALLERGIES:

KEYS TO HELP YOU FEEL BETTER

- **Understand your allergy symptoms.**
- **Recognize your allergy symptoms.**
- **Use your allergy medicine.**



Antihistamines

- Block histamine, which is the main chemical that causes sneezing, runny nose, itchy, watery eyes, and itchy nose and throat.
- Available over-the-counter as oral tablets, nasal sprays, as well as eye drops.



Decongestants

- Shrink blood vessels that are swollen due to allergies and help relieve stuffy nose, and sinus congestion and pressure.
- Available as oral tablets and nasal sprays.
- Also available as oral tablets in combination with antihistamines.



Nasal Allergy Symptom Relievers (glucocorticoids)

- Reduce inflammation caused by histamine and many other chemicals released in response to allergy triggers.
- These chemicals cause nasal congestion and other nasal allergy symptoms such as sneezing, runny nose, and itchy nose.
- Provides maximum symptom relief when taken regularly for persistent allergic rhinitis.
- Available as nasal sprays.














































Other

- Nasal saline and lubricant eye drops.
- For other treatments like allergy shots or leukotriene blockers, talk to your allergist.

Some medicines are available over-the-counter and others need a prescription. Be sure to read the labels and use these products only as directed.

POLLEN: MONTH-BY-MONTH

LOW     HIGH	 TREES	 GRASS	 WEEDS
POLLEN LEVEL			
JANUARY. Cedar is high in the South but otherwise pollen is low across the U.S.			
FEBRUARY. Tree pollen, like alder and maple, is starting to creep up everywhere.			
MARCH. Tree pollen is dominant, but weeds and grass could start if Spring comes early.			
APRIL. This is the height of tree pollen like pine, mulberry, and willow.			
MAY. It's a double whammy month with trees and grass being high everywhere.			
JUNE. This is the height of grass pollen like bermuda, rye, and oat.			
JULY. Just as we get some relief from tree pollen, weed pollen starts in earnest.			
AUGUST. Weeds like pigweed, ragweed, and nettle are in full effect.			
SEPTEMBER. The height of weed pollen with pollen grains that spread easily in the wind.			
OCTOBER. Weeds are still high in the South and West, but, otherwise, the air is pretty clear.			
NOVEMBER. It's a good month for outdoor allergies and ragweed is finally ending.			
DECEMBER. Outdoor allergens are at a low except that pesky Cedar Fever in the South.			



Did you know?

Allergy triggers can vary by region. Try the **ZYRTEC® ALLERGYCAST®** App to track triggers for your area. Standard data rates apply. See next page for more details.

TIPS FOR SEASONAL ALLERGY SUFFERERS:

Winter Tips

- During the winter, you'll be inside more often. Open these pages to discover where indoor allergy triggers may be hiding in your home.
- Tree pollen, like alder and maple, is starting to creep up everywhere at the end of winter.

Spring Tips

- Avoid being outside in the morning when pollen counts are typically high.
- Keep house and car windows closed and use air conditioning.
- Remember that allergy symptoms can be worse on hot, dry, windy days and milder on rainy, cloudy, windless days.

Summer Tips

- Have someone without allergies mow your lawn because grass pollen is everywhere.
- Consider vacationing to low pollen areas (like a beach).

Fall Tips









- Shower after spending time outdoors and change clothing.
- Don't hang clothes outside to dry because of the ragweed in the air.
- To cleanse on-the-go, consider using face wipes to remove particles as small as pollen, dust, dirt, and other impurities while gently soothing your skin.



ALLERGIES OR A COLD?

DON'T BE FOOLED

Sneezing a lot? Feeling really awful? It could be cold, flu, or allergies. It's tricky, but to get the appropriate relief you have to know which one you have.

SYMPTOMS	COLD	FLU	ALLERGIES
	Gradual over 48 hours; lasts up to 2 weeks	Sudden; lasts 2-7 days	On contact with allergen (pollen, dust mites, mold); lasts weeks to months
 Fever	May present	Yes	No
 Sore throat	Yes	May present	No
 Cough	Yes	Yes	No
 Itchy throat or nose	No	No	Yes
 Sneezing	Yes	May present	Yes
 Stuffy or runny nose	Yes	May present	Yes
 Itchy, watery eyes	No	No	Yes
 Chest congestion	Yes	Yes	No
 Muscle aches	May present	Yes	No

Some symptoms, like sneezing, are common in both allergies and colds.

WHAT TRIGGERS YOU?

SEASONAL OR YEAR-ROUND ALLERGIES



Spring and Fall Seasonal Allergies - Outdoor

- Caused by outdoor triggers like pollen.
- Nose and eye symptoms begin in the spring or fall when pollen counts rise.
- Some pollens peak in the summer months and can cause symptoms.



Year - Round Allergies - Indoor

- Caused by indoor triggers like house dust mites and pet dander.
- Since you may be exposed to indoor triggers, nose and eye symptoms can occur during the day or at night and can recur all year-round.



Both - Indoor and Outdoor

- Some allergy sufferers have both seasonal and year-round allergy symptoms.

Explore the house on the next page and discover some simple methods that will help you manage your allergies better.



You will:

- Learn triggers and tips for each season. Recognizing your reaction to seasonal triggers is the first step toward enjoying the outdoors again.



- Find the hidden places that your triggers can be lurking and how to transform your digs so you can breathe easier when hanging out at home.



Allergy or cold?
Find out.

Test your knowledge on www.zyrtec.com now and the next time your symptoms confuse you, you'll know which medicine may be right for you.



Hidden mold in your home?

Discover the signs and symptoms at www.zyrtec.com.



TIPS FOR YEAR-ROUND ALLERGY SUFFERERS:

AVOIDING INDOOR TRIGGERS

We love hanging out at home. Unfortunately, so do those hidden triggers. Discover your triggers and tips for reducing them in your home.

Dust Mites

- Can't be seen with the naked eye.
- Settle on your bed, upholstered furniture and carpets.
- Like high humidity and warm temperatures.

Tips

- Use dust mite-proof mattress and pillow cases.
- Wash sheets and blankets in hot water (130 °F) and use the dryer weekly.
- Keep humidity in the house low (below 50%).

Pet Dander

- Pet allergies are usually caused by cats or dogs.
- Symptoms are triggered by pet dander (found in the skin) or saliva, not the fur.

Tips

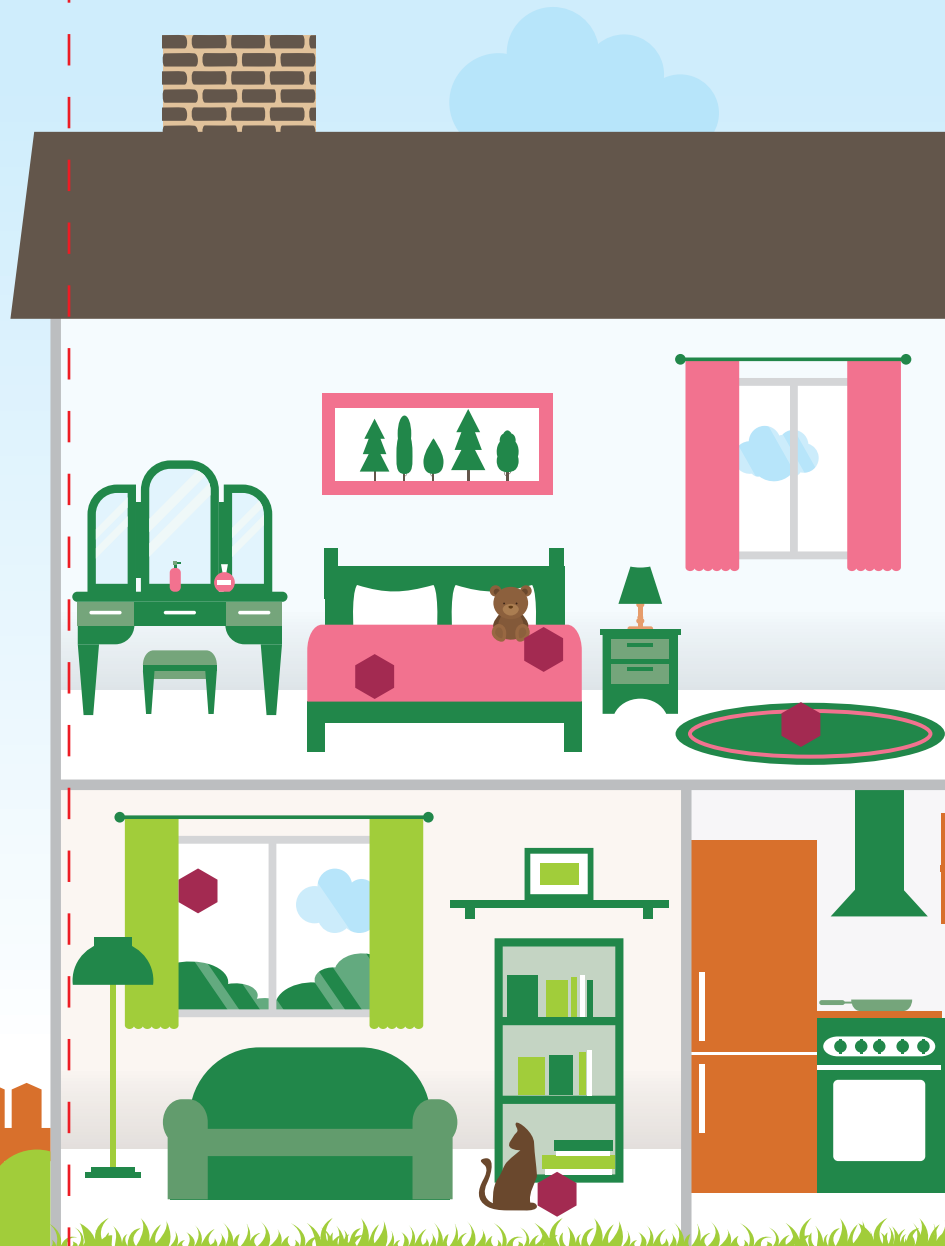
- Minimize contact and keep pets out of the bedroom.
- Vacuum your carpets regularly and avoid upholstered furniture.

Mold

- Indoor mold and mildew live on damp indoor surfaces.

Tips

- Clean mold growth that can develop in areas such as shower curtains, on walls in the bathroom, around the sink and counter tops, and water-damaged carpet.
- Fix leaky pipes.



Mite be true?

Did you know that microscopic dust mites leave droppings on your bedding that can cause allergic reactions? Find out what to do at www.zyrtec.com.



LIVING ROOM

Use washable curtains or replace horizontal blinds with washable roller-type.



LIVING ROOM

Use washable curtains or replace horizontal blinds with washable roller-type.

Children's Allergies

- Children can be exposed to both indoor (such as dust mites, mold, and animal dander) and outdoor triggers (such as trees, weeds, and grass pollen) while going about their daily activities.

Tips

- Shower or bathe them at the end of the day to remove allergens from body surfaces and hair.
- Clean regularly. Vacuum carpets frequently using a vacuum cleaner equipped with a HEPA filter and wash "cuddle" toys weekly in hot water.
- Use an air conditioner equipped with a HEPA filter and keep windows and doors shut to limit the pollen and mold entering your home.

ALLERGIES & FAMILY



**UP TO 80% OF CHILDREN
WHO HAVE PARENTS WITH ALLERGIES
DEVELOP THEM TOO¹**



**ALLERGY SYMPTOMS
MAY START AS YOUNG AS
2 YEAR OLD²**



STAY ONE STEP AHEAD: HANDY INFORMATION, RIGHT AT YOUR FINGERTIPS

ZYRTEC® Video Library

Choose from a variety of subjects to get great tips on managing your allergies.

**WATCH NOW
ON YOUTUBE®!**

www.youtube.com/zyrtec



ZYRTEC® Instagram

Check out a community who found allergy relief thanks to ZYRTEC®.

**FOLLOW US ON INSTAGRAM®
@ZYRTECALLERGY**



ZYRTEC® TikTok

Tune in to our TikTok for allergy management tips, treatment education, and creative content centered around not letting your allergies hold you down, so you can Zeize the Day™.



GET YOUR ALLERGY FORECAST WITH THE ALLERGYCAST® APP

In addition to your daily symptom severity predictions, you'll get an easy-to-use app that offers:

- Weather and allergy forecasts for your zip code that update based on your current location.
- Allergy tips to help you feel your best.
- A simple allergy symptom tracker.
- Personalized allergy insights and trends based on your tracked symptoms.
- A list of the top pollens in the air for that day.



Available on:



Available for iPhone® and Android™
App Store® and iPhone® are trademarks of Apple Inc.
Android™ and Google Play™ are trademarks of Google Inc.

Standard data rates may apply.

ZYRTEC



Adult Dosing Chart

Dosage for adults from your healthcare professional

Please, refer to the product label for warnings.

ZYRTEC® 10 mg Tablets, ZYRTEC® Liquid Gels and ZYRTEC® Chewables

AGE	6+ yrs	Under 6 yrs	65+ yrs
DOSE	1 tablet/capsule (10 mg) daily	Ask a doctor	Ask a doctor

MAX: 1 tablet/capsule/24 hours

Ingredient: Cetirizine HCl 10 mg (Antihistamine)



ZYRTEC® 5 mg Tablets New

AGE	6+ yrs	Under 6 yrs	65+ yrs
DOSE	1 tablet (5 mg) or 2 tablets (1 mg) once daily	Ask a doctor	1 tablet (5 mg) once daily

MAX: Ages 6+, 1 or 2 tablets/24 hours; ages 65+, 1 tablet/24 hours

Ingredient: Cetirizine HCl 5 mg (Antihistamine)



ZYRTEC-D® Tablets

AGE	12+ yrs	Under 12 yrs	65+ yrs
DOSE	1 tablet every 12 hours	Ask a doctor	Ask a doctor

MAX: 1 or 2 tablets /24 hours

Ingredient: Cetirizine HCl 10 mg (Antihistamine), Pseudoephedrine HCl 120 mg (Nasal Decongestant)



ZYRTEC® Hives New

AGE	6+ yrs	Under 6 yrs	65+ yrs
DOSE	1 tablet (10 mg) daily	Ask a doctor	Ask a doctor

MAX: 1 tablet/24 hours

Ingredient: Cetirizine HCl 10 mg (Antihistamine)



Children's
ZYRTEC



Pediatric Dosing Chart

Dosage for children from your healthcare professional

Please, refer to the product label for warnings.

Children's ZYRTEC® Allergy Syrup

Available in: Dye-Free Grape, Dye-Free Bubblegum

AGE	Under 2 yrs	2 to under 6 yrs	6+ yrs
DOSE	Ask a doctor	2.5 mL or 5 mL:	5 mL or 10 mL:

2.5 mL or 5 mL MAX: Do not take more than 5 mL in 24 hours.

5 mL or 10 mL MAX Ages 6+: Do not take more than 10 mL in 24 hours.



Children's ZYRTEC® Chewables 2.5 mg*

Available in: Dye-Free Grape

AGE	Under 2 yrs	2 to 6 yrs	6+ yrs
DOSE	Ask a doctor	1 or 2 tablets	2 or 4 tablets

MAX: 2 tablets (5 mg) once daily or 1 tablet (2.5 mg) every 12 hours. Do not take more than 2 tablets (5 mg) in 24 hours.

MAX: Chew and swallow 2 tablets (5 mg) or 4 tablets (10 mg) once daily. Do not take more than 4 tablets (10 mg) in 24 hours.



Chew or crush tablets completely before swallowing.

Children's ZYRTEC® Chewables 10 mg* and Children's ZYRTEC® Dissolve Tabs**

Available in: Dye-Free Grape, Dye-Free Citrus

AGE	Under 6 yrs	6+ yrs
DOSE	Ask a doctor	1 tablet (10 mg) daily. A 5 mg product may be appropriate for less severe symptoms.

Chewables: Chew or crush tablets completely before swallowing.

MAX: Do not take more than 1 tablet (10 mg) in 24 hours.



Children's ZYRTEC® Hives New

Available in: Dye-Free Grape

AGE	Under 6 yrs	6+ yrs
DOSE	Ask a doctor	5 mL or 10 mL depending upon severity of symptoms.

MAX: 5 mL or 10 mL once daily. Do not take more than 10 mL in 24 hours.

ACTIVE INGREDIENT: Cetirizine HCl

*Product eligibility may vary by plan. Check with your benefits administrator to determine which expenses are eligible before you shop. **Relieves sneezing, runny nose, itchy/watery eyes, and itching of the nose/throat. Use products only as directed.



Today's date: _____

This dosing recommendation from your healthcare professional will expire in 14 DAYS.

*Product eligibility may vary by plan. Check with your benefits administrator to determine which expenses are eligible before you shop.

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Today's date: _____

This dosing recommendation from your healthcare professional will expire in 14 DAYS.

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