

# CHANGES THAT MAKE A DIFFERENCE IN TREATING YOUR NASAL ALLERGIES



Consumer  
Healthcare

With allergy season right around the corner, you may be looking for new ways to manage your nasal allergy symptoms. Here are a few tips to help you control those allergy triggers.



Change where your pets  
sleep and eat.



Wash your hair  
before bed.



Leave your shoes  
at the door.



Avoid exposure to household  
cleaning sprays.



Vacuum  
regularly.



Don't hang your clothes  
outside to dry.

**LEARN MORE  
ABOUT ANOTHER BIG  
CHANGE COMING SOON FOR  
TREATING YOUR SYMPTOMS**



Talk to your doctor  
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