



Accomplished Health & Wellness

Patient Handout

Seasonal Allergies · Reviewed October 2026

WHAT ARE SEASONAL ALLERGIES?

Seasonal allergies (allergic rhinitis, or "hayfever") happen when your immune system reacts to airborne allergens such as pollen from trees, grasses, or weeds. Symptoms often follow the seasons and pollen counts. Unlike a cold or the flu, allergies do not cause fever and can last for weeks as long as the allergen is around.



Common Symptoms

- Sneezing
- Runny nose and nasal congestion
- Itchy, watery eyes
- Itching of the nose, throat, or ears
- Postnasal drip

Reduce Allergen Exposure

- Keep windows closed and use air conditioning during high- pollen times.
- Use a HEPA air filter in bedrooms and main rooms.
- Shower and change clothes after spending time outdoors.
- Use dust mite-resistant bedding, and keep pets out of the bedroom if you are allergic.

Over the Counter (OTC) Medicines That Work

1. Second Generation Oral Antihistamines (OTC): cetirizine (Zyrtec), fexofenadine (Allegra), loratadine (Claritin), or levocetirizine (Xyzal).
-These cause less drowsiness than other antihistamines.
2. Nasal steroid sprays — fluticasone (Flonase), triamcinolone (Nasacort), budesonide, or mometasone — are the most effective for nasal symptoms but may take several days to reach full effect.
3. Nasal antihistamine spray azelastine (Astepro) also helps.
-For moderate to severe symptoms, using both (oral or nasal antihistamine and nasal steroid spray) together often works better than either alone.
4. Decongestant nasal sprays such as oxymetazoline (Afrin) should only be used for a few days. Using them longer can cause rebound congestion that is worse than the original problem.

COMPARE



Cold, Flu, or Allergies?

These illnesses share many symptoms. Allergies do not cause fever. The flu tends to come on suddenly and makes you feel worse all over. Use this guide to decide when to manage at home and when to schedule a visit.

Illness	Manage at home if	Schedule a visit if
Allergies	Itchy eyes, sneezing, clear drainage, no fever	Wheezing, or over-the-counter options not helping
Common cold	Congestion, mild sore throat, improving in 7–10 days	Lasting past 10 days, or worsening after improving
Flu	Fever and aches improving by day 3–4	Fever over 3 days, trouble breathing, or a high-risk condition

WHEN YOU CONTACT US



Feeling Sick?

Please include the following details when reaching out:

- Fever? Include temperature.
- ALL symptoms
- When did symptoms begin?
- What meds have you taken and how often?
- Is anyone else sick?

Quick Reference

Book a visit	Email "Appointment Request".
Cancel or reschedule	Email at least 24 hours ahead.
Refill a current medication	Call your pharmacy.
Change or start a medication	Schedule a visit or televisit.
Non-urgent question	Email "Question".



In an Emergency

Do not email, call, or text the office. Call 911 or go to the nearest emergency room. For a mental health crisis, call or text 988.