

1. Asthma—see patient instruction sheet, "Asthma."
2. Allergic rhinitis (hay fever, nasal allergy) occurs when the nose and/or eyes react to pollens, house dust or other factors specific to an individual.

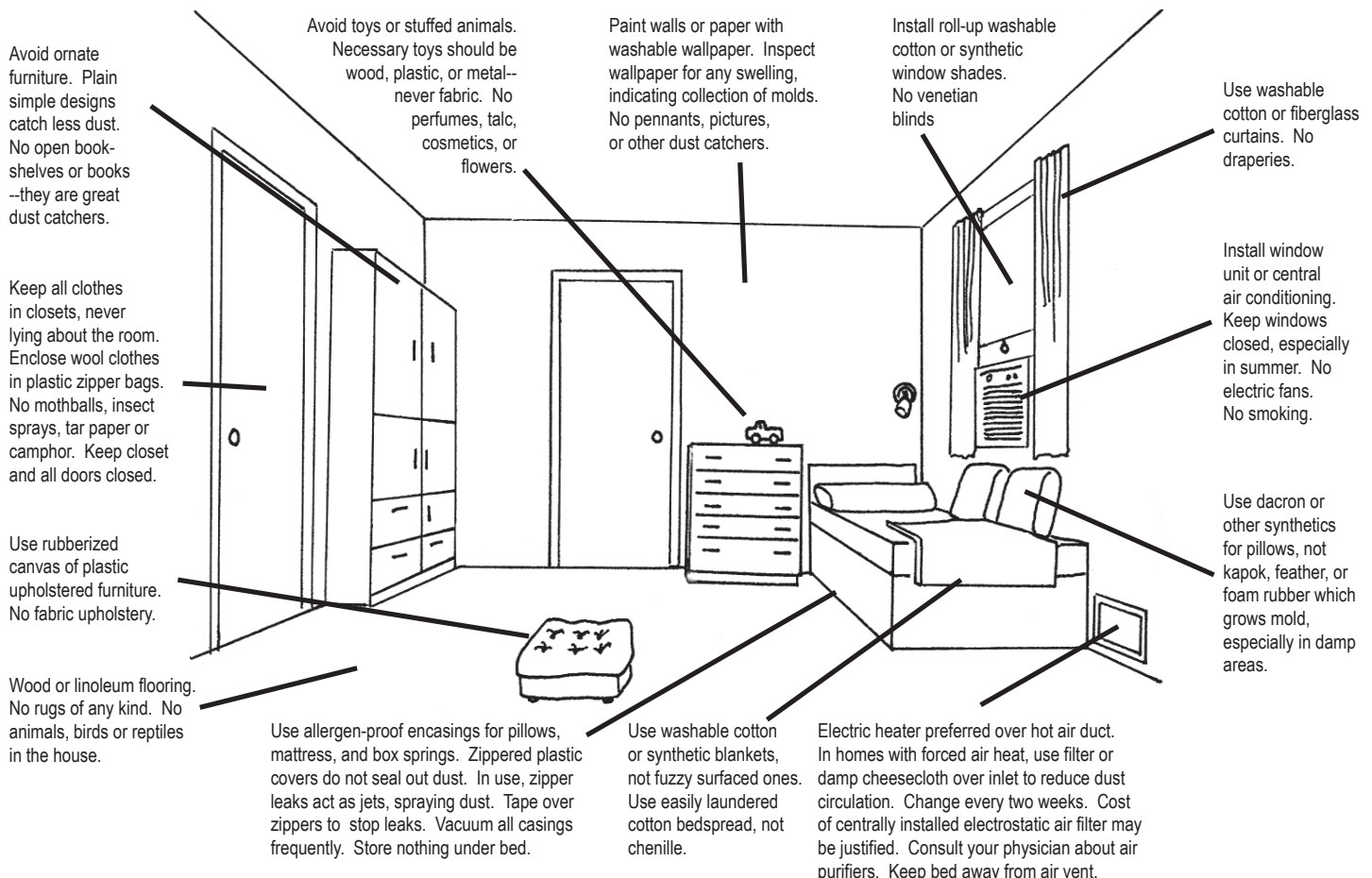
The symptoms are: itchy nose; stuffy or runny nose; sneezing; itchy roof of the mouth; itchy eyes; red eyes; watery eyes and swollen membranes in the eyes in almost any combination.

The treatment consists of symptomatic care (certain medicines may help improve the symptoms), avoidance of allergenic substances, and in occasional cases hyposensitization (injecting the allergen under the skin in gradually increasing doses).

See the guides below to help you avoid allergenic substances, especially house dust.

SPECIAL INSTRUCTIONS: \_\_\_\_\_

**Guide to "desensitizing" a room**



**Cleaning Tips:** Wet-dust room twice daily. Damp-mop floor with solution containing disinfectant to prevent growth of mold spores. Oil-mop baseboards.

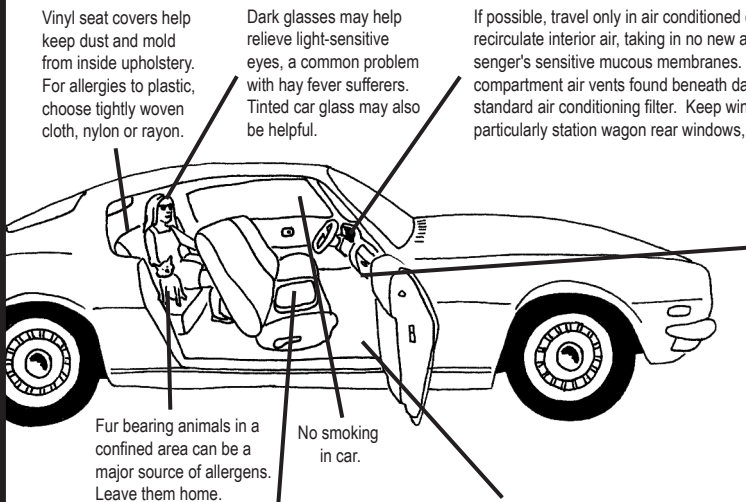
Vacuum only if followed by airing room. Use tank-type cleaner, vacuumed itself before using. Attach a second hose to outlet, placing end outside window or in hall to prevent redistributing allergens.



# Ways to help allergy patients avoid "a bad day at the office"



## Guide to "desensitizing" a car



If possible, travel only in air conditioned cars. When outside air is allergen polluted, recirculate interior air, taking in no new air from outside. Keep drafts from allergic passenger's sensitive mucous membranes. In non-air conditioned cars, seal passenger compartment air vents found beneath dashboard with cheese-cloth or trimmed to fit standard air conditioning filter. Keep windows closed at all times during pollen season, particularly station wagon rear windows, even when parked.

Before winter, vacuum car's heater outlets, especially in non-air conditioned cars. To blow dust from system, operate heater for twenty minutes with windows open and no allergic passenger. Re-vacuum, dust, and wash interior surfaces.

Chemical pollutants in car fumes often aggravate allergic patient's condition and increase symptoms. To help control fumes: have engine steam cleaned yearly; check radiator, brake fluid, and gas caps for correct sealing; change positive crankcase ventilation valve (PCV) frequently; adjust carburetor and automatic choke properly; inspect entire exhaust system often for leaks; never carry extra gas in trunk; and avoid overfilling gas tank. Have allergic passenger enter car before starting engine to avoid exposure to exhaust fumes usually excessive at that time.

## Helpful Suggestions

Pollen sensitive passengers should avoid riding in cars, especially in the country during periods when pollen concentration is highest in their area. Blowing wind increases pollen count at any time.

Avoid roadside areas and farms being sprayed with insecticides or weed abatement chemicals. If unavoidable, keep car windows closed.

When practical avoid rush hour traffic, heavily traveled highways, and frequent stoplight intersections—all areas of excessive motor vehicle exhaust accumulation which often aggravates allergic conditions.

Try to plan routes so as to bypass immediate vicinity of refineries and large industrial plants.

Avoid freshly tarred highways.

When refueling have passengers allergic to gasoline fumes remain inside car with windows closed.

Keep at least four car lengths behind vehicles, particularly when they leave blue exhaust smoke.

Don't follow diesel buses or trucks closely. Chemical pollutants may aggravate an allergic passenger's condition and increase their symptoms.