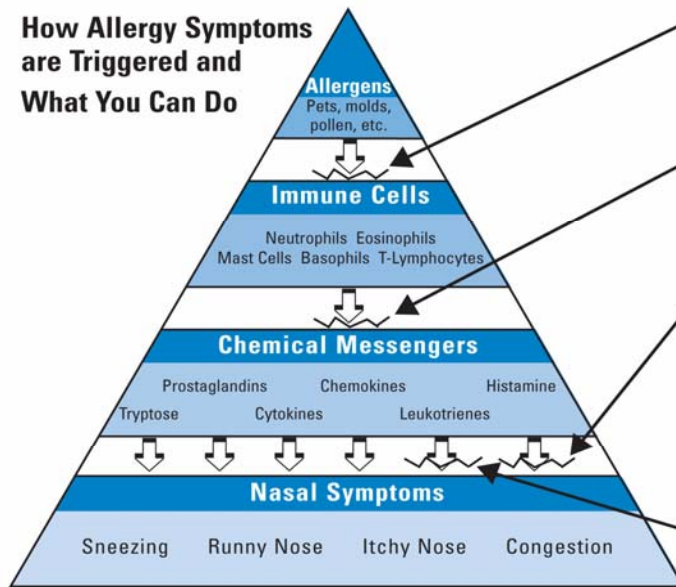
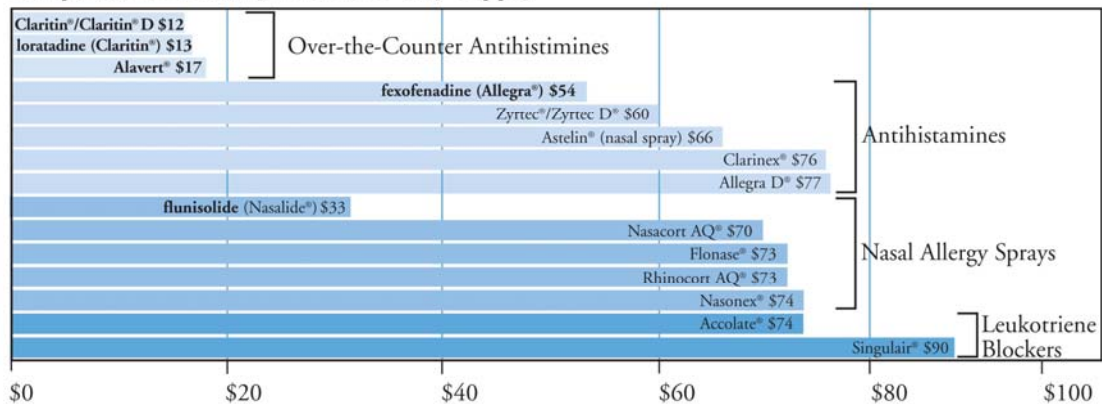


### How Allergy Symptoms are Triggered and What You Can Do



- Remove triggers**  
 Triggers can be removed by reducing carpeting in the home, using dust covers for mattresses and sheets, limiting exposure to pet dander and wearing an allergen mask when cleaning the house.
- Nasal Allergy Sprays**  
 Nasal allergy sprays are the most effective medication treatments for nasal allergies, because nasal allergy sprays such as **flunisolide** (Nasalide®), block allergy symptoms before they are triggered.
- Antihistamines**  
 Both prescription antihistamines and over-the-counter antihistamines work in the same way. They block the chemical messenger histamine. Histamine is one of the main chemical messengers that cause nasal symptoms. When an antihistamine is necessary, generic **loratadine** (Claritin®, Alavert®) is effective, non-drowsy and available over the counter for the lowest cost.
- Leukotriene blockers**  
 Medications like Singulair® only block one type of chemical messenger that can cause nasal allergy symptoms. Singulair® is not more effective than other treatments, but it costs more than other options.

### Comparative Monthly Costs / 30-day supply\*\*



\*Approximate cost estimates based on a 30-day supply. Actual prices may vary depending on your pharmacy and the amount or strength of medication dispensed.

### THE BOTTOM LINE

Nasal sprays block allergy symptoms before they are triggered. If you need a medication to control your allergies, nasal sprays are the best option.

*Note: Since many medication options are available, our physicians and pharmacists developed this to provide you with information about the available alternatives, as well as potential advantages and/or lack of advantages of the various products. This medication summary was developed based upon an evaluation of information from the US Food and Drug Administration (FDA), scientific studies, and input from practicing doctors and specialists.*