



TRAVEL TIPS



Taking Control Of Your Allergies When Hitting The Road

(NAPSA)—This summer, 70 percent of Americans are planning to take a summer vacation and a record number will be driving to their destinations. There are lots of things families need to consider when planning a summer road trip, such as mapping out their destination, packing the car and making sure the car is in working order. But what many people don't consider before they hit the road is how they can plan for an allergy-free summer trip.

"Many people going on road trips this summer will travel to areas of the country with weed and grass pollen that may make allergy symptoms—like sneezing, runny nose and itchy and watery eyes—flare," said Derek Johnson, M.D., an allergist at Temple University Medical Center and a medical advisor to the Asthma and Allergy Foundation of America. "It is important for them to know what they can do to prepare should these symptoms arise, and that many allergy medications can cause drowsiness."

"This is the first year that allergy sufferers have the option of non-drowsy allergy relief without a prescription," said Dr. Johnson. "Convenient new products, such as Alavert, can provide up to 24 hours of relief in a quick-dissolving tablet that can be taken on the go without water and won't make people sleepy on summer trips."

When traveling by car, allergy sufferers need to keep in mind that cars are extensions of the home. Allergens like dust mites, indoor mold spores, pollens and

other substances can be lurking in the carpeting, upholstery and ventilation systems of cars.

There are simple steps allergy sufferers can take to control summer allergy symptoms before hitting the road:

- Plan ahead by checking the local allergy forecast at the destination on www.allergyactionplan.com to be prepared for high pollen count days that may cause symptoms to flare.

- Outdoor allergens, such as pollens and molds are also potential hazards, especially when traveling in your car with the windows open. Keep the car windows closed and turn on the air conditioner to re-circulate clean air and replace the filter with a high-efficiency particulate air (or HEPA) filter to capture more particles.

- Try turning on the air conditioner and opening the windows for at least 10 minutes prior to entering the car. This will help remove dust mites and molds that may be in the system.

- Sometimes prevention is not enough to control allergy symptoms, sufferers may need to treat them with over-the-counter medication. Be prepared for summer road trips by packing convenient, quick-dissolving Alavert in your hand bag or glove compartment of the car to relieve allergy symptoms.

For more information about allergies, and why Alavert may be the most convenient, over-the-counter option for allergy sufferers this summer, visit www.alavert.com.