

HEALTH ALERT!

This Allergy Season, Put Symptoms In Check Before Putting The Car In Gear

(NAPSA)—As the weather gets warmer, millions of Americans hit the road for Spring Break, summer vacation or just a pleasant Sunday afternoon drive to see the country in bloom.

If you're one of the 35 million Americans who suffer from seasonal allergies, there are a few things you should know, especially before you head out on the highway.

First of all, you don't have to suffer from sneezing, itchy eyes, a runny nose or other bothersome allergy symptoms. Non-drowsy over-the-counter (OTC) antihistamines like CLARITIN® give allergy sufferers prescription-strength allergy relief without the sedating side effects of some other OTC antihistamines.

To drive safely, read the label

If you're driving, make sure you check the label on your allergy medication before heading out on the highway.

"Before getting behind the wheel, allergy sufferers need to carefully read labels on OTC medicines for precautions such as 'marked drowsiness may occur' and 'be careful when driving a motor vehicle' and heed those warnings," says allergist Dr. Paul Ehrlich, co-author of *What Your Doctor May Not Tell You About Children's Allergies and Asthma*.

Approximately 30 million Americans who operate motor vehicles suffer from allergies, and about half of those drivers use an OTC antihistamine at some point.

"Non-drowsy antihistamines such as CLARITIN offer allergy sufferers an alternative to many available OTC drugs that may cause drowsiness," adds Dr. Ehrlich. "Unlike older antihistamines, which are required by the FDA to carry a warning label about sedating side effects, CLAR-



Nonsedating antihistamines are a smart option for allergy sufferers who head out on the highway.

ITIN doesn't cause drowsiness and doesn't carry this warning label."

Allergy tips for road trips

"Allergens are everywhere in the spring," says Dr. Ehrlich. "So along with trip planning, there are several precautions that allergy sufferers can take." Dr. Ehrlich recommends the following tips for allergy sufferers on the go:

- Pack an "allergy bag" with an adequate supply of medications, such as non-drowsy CLARITIN tablets.
- When you arrive at your destination, take a shower and change to get rid of any pollen that may have built up on your clothes, skin or hair.

• CLARITIN RediTabs, for adults and children ages 6 and older, are convenient for road trips because they dissolve in the mouth and can be taken without water. Relief from allergy symptoms usually begins within an hour.

• If you're going to lodge in a hotel or motel, ask for a dry room with lots of exposure to sunlight, away from indoor pools or wet saunas, especially if you're sensitive to molds. Hotel rooms can be breeding grounds for indoor allergens, which can worsen your allergy symptoms.

For more tips on managing allergies, visit www.claritin.com.