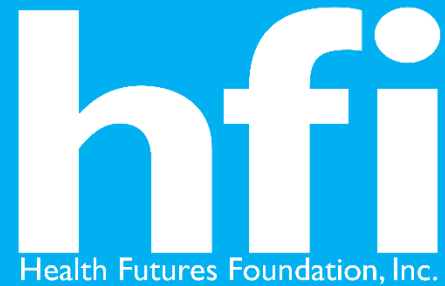


# ALLERGIC RHINITIS

## Supportive Management

### For nasal congestion and runny nose

- Drink around 8 glasses (or 2 liters total) of fluid per day.
- Take warm drinks.
- Use saline nasal wash.
  - Ingredients:
    - 1 cup warm water (if using tap water, sterilize first by boiling, and let it cool until lukewarm)
    - ½ teaspoon of salt
    - ½ teaspoon of baking soda
  - Instructions:
    1. Prepare the home-made saline nasal wash.
    2. Fill the nasal bulb (bulb syringe) with the saline solution.
    3. Insert the tip of the nasal bulb into one nostril, and gently squeeze.
    4. Aim the flow of saline solution toward the back of the head.
    5. Allow the solution to drain back out through the other nostril or through the mouth.
    6. Gently blow nose to remove excess mucus and solution.
    7. Follow the same process with the other nostril.
    8. Repeat this process a couple of times daily until condition improves.
    9. Clean the nasal bulb after each use.
- Use steam Inhalation (using eucalyptus extract, Vicks vaporub, or sea salt)
  - Don't use for children under 12 years old.
  - Instructions:
    1. Place a bowl in the sink (where it will have less chance to tip over).
    2. Pour boiling water in the bowl.
    3. Add any of the following three:
      - If eucalyptus extract: add 2-3 drops
      - If Vicks vaporub: add two teaspoons
      - If sea salt: add ½ cup
    4. Cover head with a towel and lean carefully over the bowl. Keep face 12 inches away from the boiling water.
    5. Deeply inhale steam for 5-10 minutes, and then, blow nose thoroughly.



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# ALLERGIC RHINITIS

## Prevention

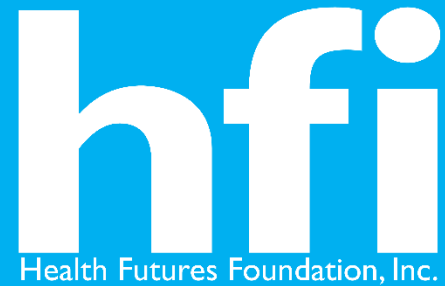
- Avoid exposure to triggers (e.g. pollens, dust, animal dander, food cigarette smoke, indoor molds, etc.) Take warm drinks.
  - If the trigger are pollens: take a shower in the evening, and change into fresh clothes as soon as returning home.
  - Stay in an environment with clean air.
  - Use facemask when cleaning.
  - Clean and dust home regularly.
  - Clean bathtubs and showers monthly to control indoor molds.
  - Wash linens on the hottest water setting to control dust mites.
  - Restrict pets to certain areas of the home to control animal dander. Indoor pets should be bathed frequently.
  - If with food allergy, avoid food that trigger allergic rhinitis.
  - Avoid exposure to tobacco smoke (both first-hand and second-hand exposure).
  - Avoid other triggers that are known to you.

## Herbal Medicine

- **Turmeric and Honey**
  - Anti-inflammatory; reduces swelling of the airways and improves breathing
  - Grind the turmeric. Mix one teaspoon of turmeric with one tablespoon of honey in a warm cup of water.
- **Pineapple Fruit**
  - Anti-inflammatory; reduces swelling of the airways and improves breathing
  - Eat fresh pineapple fruits liberally.

**Immediately consult doctor if with persistent shortness of breath, agitation, and inability to speak in full sentences.**

**Consult doctor for proper diagnosis and pharmacologic management of the condition.**



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