



Patient Guide: Managing Allergic Rhinitis

Symptoms of Allergic Rhinitis

You may experience one or more of the following symptoms:

- Sneezing
- Blocked or runny nose
- Itchy nose, eyes, or throat
- Frequent sore throats
- Watery eyes
- Postnasal drip
- Tiredness or poor sleep

Common Allergy Triggers

Allergic rhinitis is often caused by exposure to airborne allergens such as:

- House dust mites (All year round)
- Grass pollen (N.B Treatment needs to start before few weeks before pollen season)
- Animal dander (skin flakes, saliva, or urine)
- Tree pollen
- Mould spores

Most common being house dust mite and grass pollen

Treatment

Effective treatments include:

1. Intranasal Steroid Sprays
2. Combined Intranasal Sprays (Steroids & Antihistamine)
3. Antihistamines (tablets, syrups, or nasal sprays)
4. Allergen immunotherapy (for long-term relief)
5. Saline sprays and rinses

Allergen avoidance advice

Indoors (avoid pollens):

- Allergen-proof covers for pillows, duvets
- Hot wash 60°C once a week of all bedding
- Vacuum weekly with HEPA filter, use double thickness bags
- Choose hard wood, vinyl floor or tiles instead of carpet
- Fit roller blinds that can be easily wiped clean
- Reduce cuddly toys and wash at 60°C
- Avoid keeping a furry/feathery pet indoor/in bedroom and bath them regularly (**No** benefit from washing cats)
- Keep humidity <50% in house

Outdoor (avoid dust):

- Avoid being outdoors in high pollen count
- Keep car/house windows closed
- Use High-efficiency Particle Air (HEPA) air filters
- Shower, wash your hair after being outdoors
- Vacuum regularly inside of your car / Regularly vacuum baby car sit

Nasal Spray Instructions

1. Shake the spray before any use
2. Lean your head forward (chin down position)
3. Use your RIGHT HAND to spray your RIGHT nostril
4. Use your LEFT HAND to spray your LEFT nostril
5. Aim towards your same ear
6. DO NOT SNIFF IN! Breathe normally
7. Allow HALF AN HOUR between the saline water spray/rinse
8. Nasal sprays need to be used DAILY and CONTINUOUSLY, FOR A LONG TIME
9. Remember to clean the nozzle after use





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Learn More with Trusted Resources

For further reading and guidance, visit these trusted sources:

- ✓ **EUFOREA Allergic Rhinitis Guide:** [Pocket guide](#) – Clinical and patient guidance



- ✓ **EUFOREA Nasal Spray Guide:** [How to spray](#) – Step-by-step nasal spray instructions.



- ✓ **EUFOREA Nasal Rinse Video:** [How to rinse](#) – Proper nasal rinse technique



- ✓ **Asthma Society of Ireland:** [asthma.ie](#) – General allergy and asthma information



- ✓ **HSE (Health Service Executive):** [hse.ie](#) – Public health advice and allergy care



- ✓ **Apps** Hayfever Relief /Asthma Coach /Pollen Count