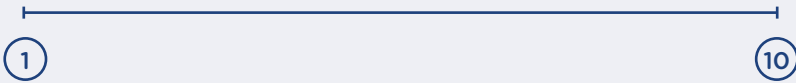


Allergy & Hayfever severity diagnostic tool

The following chart aims to help identify the severity of allergy/hayfever symptoms you may be experiencing so that your healthcare practitioner can provide you with suitable recommendations. Simply place a mark along the line to show the degree of symptoms you are experiencing from your allergies/hayfever. You may find this a useful exercise to repeat (as per your healthcare practitioner's recommendations) to ascertain whether your action plan is helping. If symptoms persist, talk to your healthcare practitioner again.

Place a mark along the line to show the degree of symptoms you are experiencing from your hayfever/allergies

SLEEP DISTURBANCE



Sleep really well

Unable to sleep at all
- worst nights ever

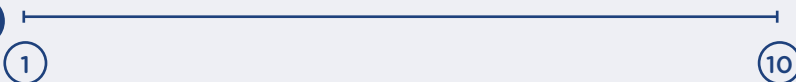
ABILITY TO BE PRODUCTIVE AT WORK OR SCHOOL



Very Productive

Unable to concentrate
- totally unproductive

DAILY ACTIVITIES LEISURE OR SPORT



Eager to participate

Unable or disinterested
in participating

SYMPTOMS



No symptoms at all

The worst symptoms
imaginable

FOR THE HEALTHCARE PRACTITIONER

INTERPRETATION OF RESULTS

- Any result **above 4** is the cut off between mild and moderate.
- Any result **above 7** is the cut off between moderate and severe.

SUGGESTIONS

MILD

1. Non-sedating antihistamine tablet or antihistamine nasal spray (fast acting - 12 hour duration of action).
2. Nasal washing with preservative free saline spray 2-3 times daily to wash away pollens, allergens or other irritants.

MODERATE

1. Medicated nasal spray (steroid) used daily. Wash the nose with preservative free saline spray 10 minutes before using the medicated spray. This cleansing action may help improve the uptake of the medicated (steroid) spray.
2. Add non-sedating antihistamine tablet or antihistamine nasal spray if symptoms are not improving with the above treatment.

SEVERE

1. If the nose is very blocked try a preservative-free nasal decongestant spray twice daily.
2. After 5 minutes wash the nose with a preservative free saline spray.
3. Wait 10 minutes before using a medicated nasal steroid spray and a non-sedating antihistamine spray.

The decongestant spray may be used for 3-5 days and should then be stopped as your nose may become habituated to it. By 3-5 days, the nasal steroid spray along with the saline washes should help relieve symptoms. If symptoms are severe, a thorough sinus wash may be preferable to a saline nasal spray, because a spray cannot provide sufficient volume to completely rinse both the nose and sinuses. If symptoms persist, please refer to your healthcare practitioner again.



Preservative Free
Nasal Decongestant Spray



Preservative Free
Nasal Salines and Sinus Wash

