

Allergy Action plan

How are you doing?

SYMPTOMS	SYMPTOMS	SYMPTOMS
Mild, intermittent symptoms	<p>I'm having symptoms more than four days per week, OR one or more of the following symptoms:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Symptoms are interfering with my daily activities <input type="checkbox"/> Are bothering me, making me irritable or grumpy <input type="checkbox"/> Are affecting my sleep (falling asleep is harder or symptoms are waking me up) <input type="checkbox"/> Are affecting me at work or school 	<input type="checkbox"/> Symptoms are still bothering me OR not responding to medications
ACTION PLAN	ACTION PLAN	ACTION PLAN

ARIA Guidelines

		Intermittent Symptoms		Persistent Symptoms	
		Mild Intermittent	Severe Intermittent	Mild Persistent	Severe Persistent
Severity of Allergic Rhinitis					
Pharmacologic Treatments	Allergen and Irritant avoidance				
	Oral or local non-sedative H1-blocker				
	Intranasal or oral decongestant				
	Intranasal steroid				
	Local cromone				
Allergy Immunotherapy					

Source : Bousquet J, Khaltaev N, Cruz AA, et al. Allergic Rhinitis and its Impact on Asthma (ARIA) 2008 update (in collaboration with the World Health Organization, GA(2)LEN and AllerGen). Allergy. April 2008;63(Suppl 86):8-160.

Doctor's contact information