



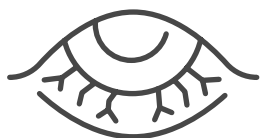
How to prevent and manage ocular allergies

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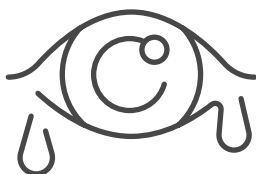


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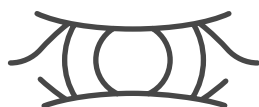
You may be suffering from allergic conjunctivitis if you have:



Red and itchy eyes¹



Watery eyes¹



Eyelids that are swollen¹



Symptoms usually affect both eyes.²

Wearing contact lenses could worsen symptoms, and they may not fit as they normally would when eyes are swollen.³

Many people also have a runny, stuffy and congested nose.¹

What are the most common allergens?

The **main causes** of eye allergies are:

- Pollen¹
- Household dust⁴ and dust mites¹
- Animal hair⁴
- Food allergies can also trigger allergic conjunctivitis symptoms⁵



The allergens responsible for the allergic reaction must be identified and measures taken to prevent exposure to these substances.⁶

Although there is no cure for allergies, there are many medications that can help control allergy symptoms.⁷

Recommendations and preventative measures

Whether at home or outdoors, there are many substances capable of triggering eye allergies, such as grass or tree pollens, mold, or cigarette smoke¹



The best way to reduce discomfort and prevent allergic reactions is to avoid trigger allergens as much as possible^{1,3}



Useful tips to avoid exposure to dust, dust mite and animal allergens:

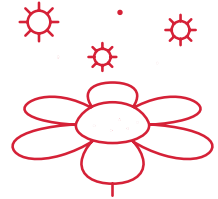
- Avoid having curtains, rugs, carpets and furniture that tend to act as dust traps in your bedroom⁸
- Use allergen-proof pillow and mattress covers, and washable cotton or synthetic blankets⁹
- Avoid feather bedding⁹
- Change air conditioning filters once a month¹⁰
- Clean regularly with a damp cloth or vacuum cleaner.¹⁰
- If you have to do housework, wear a face mask¹⁰
- Wash bed linen weekly in hot water (at least 54° C)¹⁰
- Keep your wool clothes in plastic zipper bags when they are not being used⁹
- If you have pets, do not allow them into your bedroom, and bath them every week to remove hair and other allergens¹⁰



Useful tips to avoid exposure to pollen allergens:

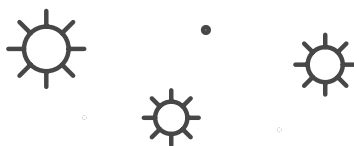
Pollen is a very fine powder produced by trees, flowers and grasses to fertilize plants.¹¹

- Check the pollen count on the weather forecast before leaving home⁷
- If possible stay indoors and limit your outdoor activities when the pollen count is high, or consider wearing a face mask^{7,13}
- Take a shower and wash your hair at night to remove any pollen built up during the day¹²
- Avoid mowing the lawn as this stirs up pollen¹²
- Wear sunglasses to help keep pollen out of your eyes, as well as to protect your eyes from sun exposure^{13,14}
- A wide brim hat may help reduce the amount of allergens blowing into your eyes¹²
- Keep your car windows closed when traveling¹⁵



Do you know your ocular allergy triggers?

One of the most effective ways to manage an ocular allergic reaction is to minimise exposure and avoid eye allergens^{6,12}



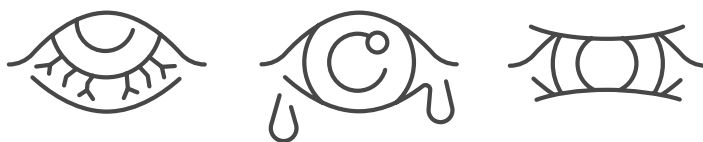
Allergies are caused when the body's immune system reacts to an allergen⁶



When an allergen comes into contact with the eyes, mast cells in the eye release histamine and other substances to fight off the allergen⁶



This reaction causes your eyes to become red, itchy and watery⁶



Sometimes eyes can react to other allergens that don't necessarily come into direct contact with the eye, such as:⁶

- certain foods
- insect bites or stings

Eye allergies could also be hereditary⁶

Medications that can help control ocular allergy symptoms?⁷

Some medications are available over the counter, while others require a prescription. Discuss your symptoms with your doctor or pharmacist to find which option is best for you⁷

Mast cell stabiliser eye drops

These prevent the release of histamine and other substances that cause allergy symptoms¹



Antihistamine eye drops

These reduce the itching, redness and swelling associated with eye allergies¹

Mast cell stabiliser and antihistamine eye drops

The combined action of these drops treat and prevent eye allergies, providing quick, long-lasting relief of itching, redness, tearing and burning¹

NSAID (Nonsteroidal anti-inflammatory drugs) eye drops

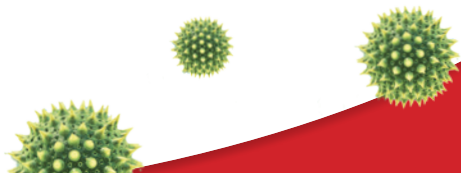
These drops relieve itching, and may cause stinging when applied¹

Corticosteroid eye drops

These help treat chronic eye allergy symptoms. Treatment for more than 2 weeks should be done under the supervision of an ophthalmologist due to possible side effects¹



If you experience any of these eye allergy symptoms, visit your optometrist, ophthalmologist, family doctor or pharmacist for treatment recommendations





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