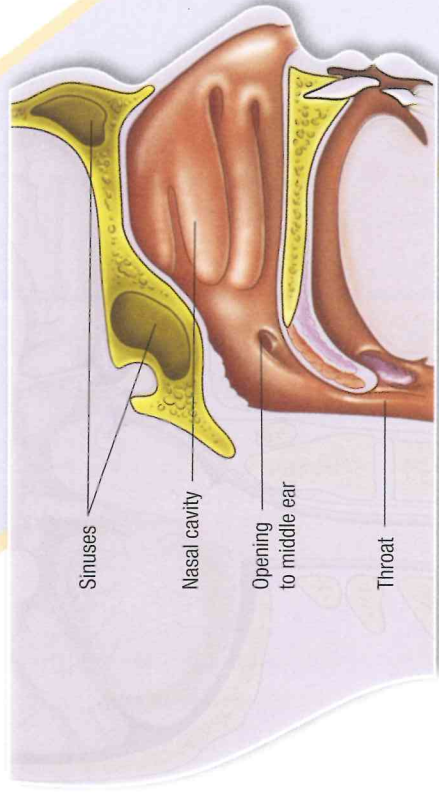


# Understanding Allergic Rhinitis and CIU



## What are Nasal Allergies?

- There are two types of nasal allergies: seasonal allergic rhinitis and perennial allergic rhinitis (year-round)
- Common allergens are tree, grass, and ragweed pollen, pet dander, and dust mites
- If you are like most people with allergies, you are probably allergic to more than one allergen
- The symptoms of nasal allergies are similar to the symptoms of a cold, but they usually last a lot longer

### Important Safety Information

XYZAL<sup>®</sup> is a prescription medication used to treat the symptoms of indoor and outdoor allergies, as well as the treatment for chronic hives and rashes of unknown cause (also known as chronic idiopathic urticaria) in patients 6 years of age and older.

Do not take XYZAL<sup>®</sup> if you are allergic to XYZAL<sup>®</sup>, cetirizine or ZYRTEC<sup>®</sup>. Be sure to tell your doctor if you have kidney disease. Patients taking XYZAL<sup>®</sup> should avoid operating machinery or driving a motor vehicle. Taking XYZAL<sup>®</sup> with alcohol or sedatives should be avoided. Take XYZAL<sup>®</sup> at bedtime. Do not increase the dose due to increased risk of sleepiness.

In patients 12 years of age and older, side effects may include sleepiness, tiredness, sore throat and dry mouth. In children, 6-12 years of age, side effects may include fever, cough, sleepiness and nose bleeds. Please see accompanying full prescribing information.

## What is Chronic Idiopathic Urticaria (CIU)?

- Chronic idiopathic urticaria (CIU) or chronic hives and rashes of unknown causes are different from seasonal or perennial allergies
- It is characterized by red, swollen, and itchy bumps that form on the skin
- This condition lasts longer than six weeks and has no known specific cause

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(levocetirizine dihydrochloride)