



HOW TO TREAT ALLERGY NASAL CONGESTION

Don't let nasal congestion slow you down – learn how allergens can cause a stuffy nose and how to find relief.

Besides sneezing, one of the telltale signs of an allergic reaction is nasal congestion, commonly known as a stuffy nose. While many people believe nasal congestion is caused by excess mucus, inflamed blood vessels in the nasal passage are actually to blame. If you breathe in a substance you're allergic to, your nasal passages can become swollen, causing a plugged or stuffy sensation. You may also experience a runny nose or nasal discharge.

WHAT ALLERGENS CAUSE NASAL CONGESTION?

Not everyone experiences the same symptoms from the same allergens, but the most common allergens include:



Pollen



Dust mites



Pet dander



Mold spores

Keeping nasal passages and sinuses moist may help a stuffy nose. Your goal is to thin the mucus in your nose and reduce inflammation so you can breathe more normally.

Here are six simple ways to do it.

MORE 

6 TIPS TO HELP MANAGE NASAL CONGESTION

1. USE A HUMIDIFIER TO MOISTEN THE AIR.



2. USE AN OVER-THE-COUNTER SALINE SPRAY OR SINUS WASH TO FLUSH NASAL PASSAGES.

3. DRINK PLENTY OF FLUIDS - ESPECIALLY HOT TEA OR SOUP.



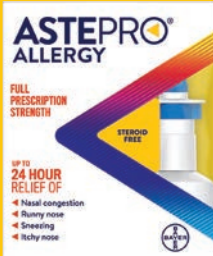
4. LIE DOWN AND PUT A WARM COMPRESS ON YOUR FACE.

5. TAKE A HOT SHOWER OR FILL A BOWL WITH HOT WATER AND INHALE THE STEAM.



6. USE A NASAL ALLERGY SPRAY. THEY CAN BE AN EFFECTIVE SOLUTION, BUT UNLIKE ASTEPRO®, MOST CAN TAKE SEVERAL DAYS TO BUILD UP TO FULL EFFECTIVENESS.*

* Competitive sprays state that they can take from three days (Flonase) to two weeks (Rhinocort) to reach full effectiveness.



ASTEPRO® CAN HELP RELIEVE NASAL CONGESTION CAUSED BY ALLERGIES

Astepro® Allergy is a steroid-free allergy spray that starts to work in 30 minutes. Astepro® relieves nasal congestion, sneezing and itchy, runny nose. Pick it up at your local CVS store or buy it online at [CVS.com](https://www.cvs.com) and keep some on hand for when you need fast-acting relief from allergies.

References

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