

Taking Antihistamines for Allergies

Antihistamine (*Anti-his-ta-mine*) medications can help control allergies. They can help control asthma in children whose allergies trigger asthma symptoms.



Antihistamines are used to treat:

- Allergies (runny nose, sneezing, watery and itchy eyes)
- Hives (red bumps on your skin)

Some antihistamines include:

Allegra, Benadryl, Claritin, and Zyrtec. Talk to your doctor about other versions of these that cost less and if they may be right for you. **Antihistamines come in pills or liquid.**



Take Your Antihistamines by Mouth

Do not use antihistamines to treat an asthma attack.

Common possible side effects

- Headache
- Tiredness
- Sleepiness
- Dry mouth

Uncommon possible side effects

- Hives (red bumps on the skin)
- Wanting to eat more
- Itching
- Sweating more than you normally do

Call your doctor or nurse if:

- Symptoms get worse or do not improve
- You have a bad effect or reaction from this medicine

Do not run out of medication

- Keep a watch on the number of doses left in your medication.
- **When you have used about half of the doses, call to get a refill.**

For questions and resources, call 1 (833) 327-8462.

www.SouthSideKidsAsthma.org