

Indoor Allergy Expert
Jeffrey May

Did you know that regular cleaning with a HEPA-vacuum is essential to keep dust mite levels down and allergies at bay in the house? My name is Jeffrey May. I'm a certified indoor air-quality professional with a focus on the home and the workplace.

Here's a tip to help you minimize your exposure to indoor allergens. Dust mites are a major cause of allergy and asthma symptoms. Treating your carpet and furniture with steam vapor plus vacuuming would be very effective in reducing your exposure to dust mites. If done slowly enough, steam vapor can also eliminate some of the mold spores and bacteria and dust as well as destroy some of the protein allergens from mites, cats, and dogs. And from a health perspective, steam vapor is one of the safer carpet treatments available because there are no chemicals involved.

Want another great tip? Talk to your doctor about your nasal allergy symptoms and appropriate treatment.

The My Xperts team are paid consultants for sanofi-aventis US, LLC. This video was recorded in 2009.

Important Safety Information

Do not take XYZAL if you are allergic to XYZAL, cetirizine or ZYRTEC[®]. Be sure to tell your doctor if you have kidney disease. Children 6 months to 11 years of age with impaired kidney function should not take XYZAL. Patients taking XYZAL should avoid operating machinery or driving a motor vehicle. Taking XYZAL with alcohol or sedatives should be avoided. Take XYZAL 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. In children 1-5 years of age, side effects may include fever, diarrhea, vomiting, and ear infections. In children 6 months to 11 months of age, side effects may include diarrhea and constipation.

Indications

XYZAL is a prescription medication used to treat the symptoms of year round allergies, as well as a treatment for chronic hives and rashes of unknown cause (also known as chronic idiopathic urticaria) in patients 6 months of age and older, and symptoms of seasonal allergies in patients 2 years of age and older.

Please see full [Prescribing Information](#).