

Outdoor Allergy Expert

Leisa Elliott

Nasal allergies can make you miserable. But with a little bit of information, you can know when the weather is going to help or hurt your allergy symptoms.

Hi, I'm Liesa Elliott. As a professional meteorologist and air quality specialist, I'm an expert on the many ways the environment can affect our health.

Here's a tip to help you prepare for allergen-heavy days.

Pollen levels are typically lower on rainy, cloudy, and windless days. Rain cleans the air by washing the dust and pollen out. On the other hand, hot, dry, and windy weather can increase airborne pollen or molds and your nasal allergy symptoms. The wind actually spreads pollen through the air and increases your exposure, so bear in mind your nasal allergy symptoms may act up when it's dry and windy.

In addition to this tip, you should also talk with 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](#).