



You and CareOregon: Better Together

Tips for Allergy Sufferers



CareOregon

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What can you do before using medications?

Identify things that make your allergy symptoms worse and avoid them if possible.

Reduce Exposure to “Triggers”

Some common types of allergy triggers include:

- Pollen (trees, grass)
- Insects (house dust mites, cockroaches, lady bugs)
- Animal (fur, feathers, saliva)
- Molds

Saline Spray and Nasal Irrigation

- Nasal irrigation: rinse your nose with a salt-water (saline) solution.
- A variety of devices, such as bulb syringes, Neti pots and bottle sprayers may be used for nasal irrigation.
- Use at least 3/4 cup of saline for each nostril.
- Use nasal solution once or twice a day for increased symptoms.
- Ask your doctor or a pharmacist to show you how to irrigate safely.
- Saline sprays and irrigation kits are available over-the-counter at your drug store.

Allergy Treatment and Coverage Options

Here are a few tips for recognizing and treating your allergies, as well as information on how your CareOregon coverage can help.

Common Allergy Symptoms

- Constant sneezing, especially after you wake up in the morning
- Runny or itchy nose, throat or both
- A feeling of mucus building up in your throat or dripping from the back of your nose
- Itchy or watery eyes
- Pressure or pain on your face
- Breathing through your mouth when you sleep, causing you to be tired the next morning
- Congestion or popping of the ears

Commonly Recommended Drugs for Allergies

- Oral antihistamines
Example: loratadine, cetirizine
- Corticosteroid nose spray
Example: fluticasone, flunisolide nasal spray

What drugs are covered by CareOregon?

- As a service to you, CareOregon covers several oral antihistamines with a prescription: loratadine, chlorpheniramine* and diphenhydramine.* If you need a different drug other than these, you will need to pay out-of-pocket.
- Some treatments and drugs may be covered under your OHP benefit for allergies that are complicated by related illnesses, such as asthma. These require a prior authorization.

*(Drugs with an * may make you sleepy and may best be taken at bedtime.)*

What are your options for non-covered drugs?

For drugs that are not covered by your OHP benefit, you have to pay for them out-of-pocket.

- Call around and see which drug store has the best price
- Join Oregon Prescription Drug Program (OPDP):
 - State-sponsored drug discount program
 - All Oregonians may join
 - No cost to enroll
 - Average savings are more than 50%
 - All Food and Drug Administrations (FDA) approved drugs prescribed by your doctor are eligible for discounts
 - To enroll by phone, call toll-free 1-800-913-4146
 - To find out more information, go to <http://www.oregon.gov/OHA/pharmacy/OPDP/ApplicationPage.shtml>

