

## Symptoms suggestive of allergic rhinitis



2 or more of the following symptoms for > 1 h on most days:

- watery anterior rhinorrhea
- sneezing, especially paroxysmal
- nasal obstruction
- nasal pruritis
- ± conjunctivitis



### Intermittent symptoms

- <4 days per week
- or <4 consecutive weeks

### Mild

*all of the following*

- normal sleep
- no impairment of daily activities, sport, leisure
- no impairment of work and school
- symptoms present but not troublesome

## Symptoms usually NOT associated with allergic rhinitis



- unilateral symptoms
- nasal obstruction without other symptoms
- mucopurulent rhinorrhea
- posterior rhinorrhea (post nasal drip)
  - with thick mucous
  - and/or no anterior rhinorrhea
- pain
- recurrent epistaxis
- anosmia

### Persistent symptoms

- >4 days/week
- and >4 consecutive weeks

### Moderate-Severe

*one or more items*

- sleep disturbance
- impairment of daily activities, sport, leisure
- impairment of school or work
- troublesome symptoms

