

In the right seat.  
On the wrong allergy medicine.

On top of things.  
On Zyrtec.

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## Tired of your allergy medicine not working? Good thing there's Zyrtec.

Your allergy medicine should work on all of your indoor and outdoor allergies. Really work. Why put up with a medicine that only treats outdoor allergies? Shouldn't it cover both? No other antihistamine is approved to treat more allergies than Zyrtec® (cetirizine HCl). Ask your doctor about switching to prescription Zyrtec. So you—and your seatmates—can feel good the whole flight.

**ZYRTEC**  
cetirizine HCl

TAKE IT FOR YOU. TAKE IT FOR THEM.™

www.zyrtec.com | The most common side effect was drowsiness. Others included dry mouth and tiredness. | (Zur'-tek)  
1-800-ZYRTEC-2 | Most were mild to moderate, but most people weren't bothered enough to stop taking it.

Please see important information about Zyrtec 5-mg and 10-mg tablets and 1-mg/mL syrup on the next page.

**PATIENT  
SUMMARY OF  
INFORMATION  
ABOUT**

# ZYRTEC<sup>®</sup>

cetirizine hydrochloride  
(Zur'-tek) (se-teer-i-zeen) (hi-dro-klo-rīd)

This summary contains important information about ZYRTEC. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking ZYRTEC. Each time you fill your prescription, be sure to read the summary that comes with it. It could contain new information. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about ZYRTEC.

#### What Is ZYRTEC?

ZYRTEC is a prescription medicine for certain types of allergies in adults and children age 2 years and older. It is an antihistamine and is available as a tablet or syrup.

When you have allergies, your body releases a natural chemical called histamine that causes the sneezing, runny nose, hives, and other symptoms of allergies. ZYRTEC helps block histamine from causing these symptoms. ZYRTEC treats:

**Seasonal allergies ("outdoor allergies")** During certain times of the year, there may be high levels of pollens in the air from ragweed, grass, and trees. A person allergic to any of these may develop sneezing; itchy, runny nose; and red, itchy, watery eyes.

**Perennial allergies ("indoor allergies")** All year long, things such as dust mites, animal dander, and molds are in the air. A person allergic to any of these may have symptoms every day such as sneezing; itchy, runny nose; postnasal drip (dripping from the nose down the back of the throat); and red, itchy eyes and tearing.

**Continuing (chronic) hives** Some people may get red, itchy bumps on their skin called hives. The bumps can be small or large. The cause of this type of hives is not always known. ZYRTEC helps relieve the itching of these hives and shortens the length of time they last.

ZYRTEC is also approved to treat perennial allergies ("indoor allergies") from mold, dust, and pets in infants as young as 6 months.

#### What Should I Tell My Doctor Before Taking ZYRTEC?

Only your doctor can decide if ZYRTEC is right for you. Before you start ZYRTEC, be sure to tell your doctor if you:

- are taking any prescription medicines
- are taking any over-the-counter medicines you can buy without a prescription, including natural/herbal remedies
- have ever had any kidney problems or are on dialysis
- have ever had any liver problems
- are pregnant, think you might be pregnant, plan to become pregnant, or are breast-feeding
- have ever had an allergic reaction to any medicine

#### Who Should Not Take ZYRTEC?

People who have ever had an allergic reaction to cetirizine or any of the ingredients in ZYRTEC, or to the medicine hydroxyzine (also called Atarax<sup>®</sup>) should not take Zyrtec. Your doctor or pharmacist can give you a list of these ingredients.

#### ZYRTEC And Other Medicines

Some medicines can affect how well ZYRTEC works. While on ZYRTEC, check with your doctor or pharmacist before starting any new prescription or any medicines you can buy without a prescription, including natural/herbal remedies.

#### How Do I Take ZYRTEC?

ZYRTEC comes as tablets (5 mg or 10 mg) as well as a syrup (5 mg/teaspoon). ZYRTEC can be taken with or without food at any time of the day. Your doctor will prescribe the dose that is right for you.

**ZYRTEC Tablets Adults and Children 12 Years and Older:** Take ZYRTEC once a day.

**ZYRTEC Syrup** Use a special medicine-dosing spoon when measuring ZYRTEC syrup. Household teaspoons are not accurate. **Children 6 to 11 Years:** Give ZYRTEC syrup once a day. **Children 2 to 5 Years:** Depending on your child's condition, the doctor may want you to give the child the full dose once a day or half the dose twice a day. Follow your doctor's instructions. **Infants 6 Months to 23 Months:** The recommended dose is 1/2 teaspoon (2.5 mg) once a day. The dose for infants 12 to 23 months can be increased to a maximum of two 1/2 teaspoon doses: one 1/2 teaspoon dose every 12 hours. Check with your child's doctor for the proper dosage for your infant. Always follow your doctor's instructions.

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- feeling tired or sleepy
- dizziness
- dry mouth
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**CAUTION:** Some people may feel sleepy when taking ZYRTEC. Be careful doing things where you need to be alert (such as driving a car or using dangerous machinery). Do not drink alcohol or use other medicines that make you sleepy while taking ZYRTEC.

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
#### For More Information About ZYRTEC

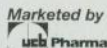
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Rev. 7, August 2003

ZY179738

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TIME 5/3/04

## Three Best Sellers from Haverhills

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More than just a telescope...more than just a microscope...

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\*Even at its highest magnification of 30x, the *Episcope*<sup>™</sup> resolves as distinctly as any laboratory microscope, yet it is only 2" long. An optical miracle!

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*Atomic Digital Watch* allows you to never have to set the time and date again by automatically tuning in and adjusting itself to the official time transmitter daily through radio frequency. The *Atomic Digital Watch* from LaCross Technology is controlled by a radio signal distributed by the National Institute of Standards and Technology and is the Standard used by the U.S. Naval and Energy Dept. The time is precise to a minuscule fraction of a second. This super-accurate radio controlled watch displays the day and date, indicates level of signal reception and is powered by a 3V long lasting lithium battery. The *Atomic Digital Watch* lets you choose from 24 time zones with special U.S. time zones displayed. Never again adjust for daylight savings time. It automatically does it for you. In addition to its accuracy, the watch is water resistant to 30 meters and has a battery saving "OFF" function. Order this as a gift for the precision and technology buff. *Atomic Digital Watch*<sup>™</sup> Item #1102V788

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### Adm Nelson's Telescope<sup>™</sup> (with table-top tripod) just \$59<sup>95\*</sup>



When Horatio Nelson fought the battle of Trafalgar, he used a telescope just like this to monitor the movements of the French-Spanish fleet. Our manufacturer has created a faithful replica of this famous scope. *Admiral Nelson's Telescope*<sup>™</sup> measures about five inches in its "collapsed" position. When you extend the four sections to full length, the scope will be thirteen inches long and focused to infinity with needle sharpness. Everything will appear twenty-five times larger than it would to the naked eye. Compare that to standard binoculars which give you only 6x or 8x magnification. If you have ever wanted to own a fine telescope, but found prices a little steep, *Admiral Nelson's Telescope*<sup>™</sup> should be your choice. You'll get many years of good use and enjoyment from it. *Admiral Nelson's Telescope*<sup>™</sup> (Chrome) #1069V788 (Brass) #1010V788

\*The optics of *Admiral Nelson's Telescope*<sup>™</sup> are "25x30" which means 25x magnification and the great light gathering capacity of a 30-mm objective lens. *Admiral Nelson's Telescope* was made of brass. This replica is heavily chrome-plated for extra beauty and protection. The scope comes with a belt-looped vinyl carrying case. For permanent mounting, the scope comes with an extendible table-top tripod.

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On the ball.  
On Zyrtec.

On the wrong page.  
On the wrong allergy medicine.

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**Continuing (chronic) hives** Some people may get red, itchy bumps on their skin called hives. The bumps can be small or large. The cause of this type of hives is not always known. ZYRTEC helps relieve the itching of these hives and shortens the length of time they last.

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#### What Should I Tell My Doctor Before Taking ZYRTEC?

Only your doctor can decide if ZYRTEC is right for you. Before you start ZYRTEC, be sure to tell your doctor if you:

- are taking **any** prescription medicines
- are taking any over-the-counter medicines you can buy without a prescription, including natural/herbal remedies
- have ever had any kidney problems or are on dialysis
- have ever had any liver problems
- are pregnant, think you might be pregnant, plan to become pregnant, or are breast-feeding
- have ever had an allergic reaction to any medicine

#### Who Should Not Take ZYRTEC?

People who have ever had an allergic reaction to cetirizine or any of the ingredients in ZYRTEC, or to the medicine hydroxyzine (also called Atarax™) should not take ZYRTEC. Your doctor or pharmacist can give you a list of these ingredients.

#### ZYRTEC And Other Medicines

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#### How Do I Take ZYRTEC?

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**ZYRTEC Tablets Adults and Children 12 Years and Older:** Take ZYRTEC once a day.

**ZYRTEC Syrup** Use a special medicine-dosing spoon when measuring ZYRTEC syrup. Household

teaspoons are not accurate. **Children 6 to 11 Years:** Give ZYRTEC syrup once a day. **Children 2**

**to 5 Years:** Depending on your child's condition, the doctor may want you to give the child the full

dose once a day or half the dose twice a day. Follow your doctor's instructions. **Infants 6 Months**

**to 23 Months:** The recommended dose is 1/2 teaspoon (2.5 mg) once a day. The dose for infants

12 to 23 months can be increased to a maximum of two 1/2 teaspoon doses: one 1/2 teaspoon

dose every 12 hours. Check with your child's doctor for the proper dosage for your infant. Always

follow your doctor's instructions.

#### What Are The Possible Side Effects?

Like all medicines, ZYRTEC may cause some side effects. These effects are usually mild to moderate. The most common side effects in adults and children 12 years and older are:

- feeling tired or sleepy
- dizziness
- dry mouth
- sore throat

Children ages 2 to 11 years may have side effects such as headache, sleepiness, sore throat, or

stomachache. Infants 6 to 23 months old may have side effects such as irritability/fussiness,

insomnia, feeling tired, and malaise. ZYRTEC may cause other less common side effects besides

those listed here. If you want more information or develop any side effects or symptoms you are

concerned about, call your doctor.

**CAUTION:** Some people may feel sleepy when taking ZYRTEC. Be careful doing things

where you need to be alert (such as driving a car or using dangerous machinery). Do not

drink alcohol or use other medicines that make you sleepy while taking ZYRTEC.

#### What To Do For An Overdose?

In case of accidental overdose, call your doctor or poison control center right away or go to the nearest emergency room.

#### How Should I Store ZYRTEC?

Store ZYRTEC tablets in a dry place and in the original container. Store at room temperature (68°-

77°F or 20°-25°C). ZYRTEC syrup can be kept in the refrigerator (36°-46°F or 2°-8°C) or at room

temperature (68°-77°F or 20°-25°C). Keep ZYRTEC and all medicines out of the reach of children.

#### For More Information About ZYRTEC

This sheet is only a summary. If you have any questions or want more information about ZYRTEC,

talk with your doctor, healthcare provider, or pharmacist. You can also visit the ZYRTEC Internet site

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#### General Advice About Prescription Medicines

Do not use ZYRTEC for a condition for which it was not prescribed. Only a doctor can prescribe

ZYRTEC. Do not share your ZYRTEC with other people.

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Rev. 7, August 2003

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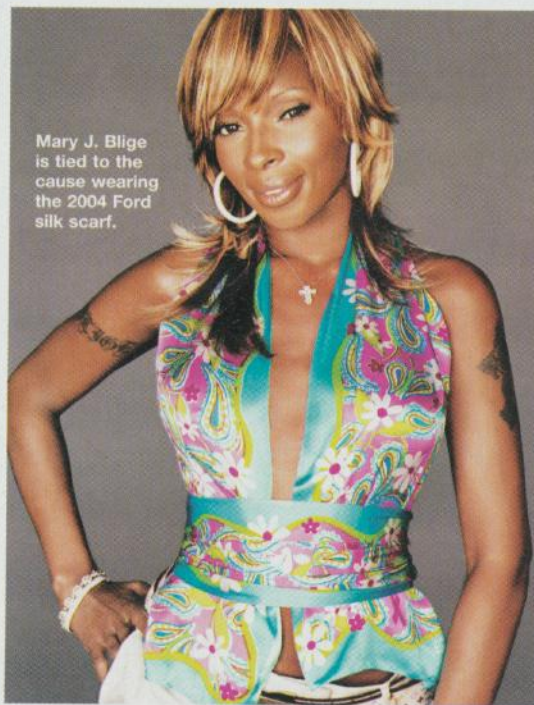
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Not only is it chic, the scarf is a symbol of hope and solidarity in the fight against breast cancer, and all net proceeds (85 percent of each sale) go to the Susan G. Komen Breast Cancer Foundation. **For more information about the Komen Foundation or breast health, visit [komen.org](http://komen.org).**

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Needs to switch desks

Needs to switch allergy medicines

**Maybe it's time to switch allergy medicines when your co-worker volunteers to swap seats with the intern.**

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