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 pruritus
  - conjunctivitis

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

Intermittent symptoms

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

Persistent symptoms

- >4 days/week
- and >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

Moderate-Severe

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