

Please place a vertical mark along the line where you feel the severity of your symptoms lie. So, if you were to place a mark on the far left of the line, it would mean that you are completely symptom free. However, if you marked the far right of the line, your symptoms are as bad as they possibly could be.

Nasal Symptoms:

Nasal Blockage/Congestion

Runny nose

Itchy nose

Sneezing

Eye Symptoms:

Itchy eyes

Watery eyes
