

## Hayfever

# Hay fever



## This leaflet will help you to:

- recognise signs of hayfever;
- avoid and treat symptoms; and
- know where to go for help.



## Hay fever

### What is it?

Hay fever, or Seasonal Allergic Rhinitis, is one of the most common allergies and can cause real discomfort. It is an allergic reaction to pollen; so grass, flowers and trees are the culprits! People develop a range of symptoms from hay fever – common ones are sneezing, watery eyes, running nose and sore throat.

### How can I avoid and treat hay fever?

- look out for the pollen count, which is published in many newspapers and is often on TV weather forecasts
- stay inside when the pollen count is at its highest – between 5pm and 7pm, and 7am and 9am
- make sure windows are closed while you are sleeping
- avoid gardens, parks and woodland as pollen count will be higher here
- help keep your home pollen free by vacuuming and damp-dusting frequently
- Ask your pharmacist for advice, there are a range of remedies available to treat hay fever (especially if taken early) like antihistamines, nasal anti-inflammatories (reduce inflammation and swelling in the nose), oral decongestants, inhalants and eye drops.

**Make sure you tell your pharmacist if you have high blood pressure, are pregnant or if the medicine is for a child – as some medicines may not be appropriate.**

### Where to get advice

Ask your pharmacist or call **NHS Direct** on 0845 4647.

### More information

- For more advice and information on treating common health problems visit the Consumer Health Information Centre **[www.chic.org.uk](http://www.chic.org.uk)**
- To speak to a nurse for advice on over-the-counter medicines call the **Over-the-Counter Medicines Advice Line** on **020 87427042** (weekdays 10am-3pm). They can also give you details of patient support groups and tell you if you need to speak to a pharmacist or GP.



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