



Self-care Information

Hay fever

Tips on how you can self manage your hay fever.

”Supporting you to look after you”

Hay fever is an allergic reaction to pollen. It can start at any age and at anytime in your life and lasts for weeks or months, unlike a cold which usually goes away after 1 to 2 weeks.

Symptoms include:

- Sneezing & coughing
- Headache
- A runny or blocked nose
- Pain around your temples or forehead
- Earache
- Itchy, red or watery eyes
- Loss of smell
- Feeling tired
- Itchy / tickly throat, mouth, nose or ears

Your local community pharmacy can help with hay fever

- Prescriptions are not routinely provided for treating mild to moderate symptoms of hay fever, but you can buy medicines for adults and children to help with the symptoms.
- **Ask your pharmacist which treatment to buy for a child, some treatments are not suitable for younger children.**
- **See your GP for advice on treatment if you are pregnant or breastfeeding.**

Antihistamine tablets and liquids

- Take them before your symptoms start for best effect.
- Ask your pharmacist which one is best for you, as some may make you feel tired or drowsy.

Nasal sprays

- Use instead of, or with antihistamine tablets.
- Antihistamine nasal sprays are helpful if you have symptoms now and again.
- Decongestant sprays can help clear a blocked nose, but should not be used for more than 7 days as they can make symptoms return.
- Inhalants (eucalyptus, menthol) can also help ease a blocked nose.

Eye drops

- Use **sodium cromoglicate** eye drops if oral antihistamines do not help your itchy eyes.
- Check with a pharmacist or optician before using them with contact lenses.

Other useful treatments

- Simple pain relief (paracetamol or ibuprofen) - for headaches and sinus pain.
- Throat lozenges - for itchy / tickly throat and mouth.
- Decongestant tablets can help clear a blocked nose, but should not be used for more than 7 days.

Did you know?

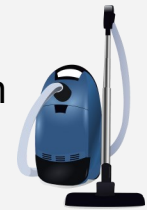
You can buy cheaper non-branded alternatives from a pharmacy or local supermarket



Let your pharmacist know if you take any other medicines, or if you are pregnant or breastfeeding, as this may affect which treatments you can use safely.

You could try

- ✓ Putting petroleum jelly (e.g. Vaseline®) around your nostrils to trap pollen.
- ✓ Wearing wrap-around sunglasses to stop pollen getting into your eyes.
- ✓ Washing your hands, face, hair, rinse your eyes and change your clothes after you have been outside to wash pollen off.
- ✓ Keeping windows and doors shut as much as possible.
- ✓ If possible, staying indoors when the pollen count is high.
- ✓ Vacuuming regularly and dust with a damp cloth.
- ✓ Buying a pollen filter for the air vents in your car and a vacuum with a HEPA filter.
- ✓ Wiping your pet's coat with a damp microfibre cloth after being outside to remove pollen.



Try not to

- ✗ Cut grass or walk in large grassy areas.
- ✗ Keep fresh flowers in the house.
- ✗ Smoke or be around smoke – it's likely to make your symptoms worse.
- ✗ Dry clothes outside – they can catch pollen.



See your GP or call 111 if:

- Symptoms are getting worse.
- Symptoms do not improve after taking medicines from the pharmacy.
- You are pregnant or breastfeeding.

Here are some useful links to further information

NHS Website	https://www.nhs.uk/conditions/hay-fever/
Patient Websites	https://patient.info/allergies-blood-immune/hay-fever-leaflet https://www.allergyuk.org/types-of-allergies/hayfever
Or visit your local pharmacy for advice	

