

Managing your hayfever

Taking steps to avoid known triggers as detailed below will help reduce your symptoms.

If treatment is needed a wide range of medications can be purchased from community pharmacies and supermarkets without seeing a doctor. These medicines are often cheaper than medicines on prescription.

We support the Seven Steps to Self-Care for minor conditions.

http://www.southcheshireccg.nhs.uk/news_items/11468-seven-steps-to-help-stay-healthy

How can I avoid triggers?

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm).
- Avoid large grassy areas, woodland, cutting the grass, pollutants and car fumes.
- Wear wrap-around sunglasses.
- When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes.
- If possible stay indoors when the pollen count is high.
- Use petroleum jelly inside your nose to block inhalation of pollen.
- Keep your house clean and wear a mask and glasses when doing house work.
- Don't dry washing outside to avoid pollen sticking to your clothes.
- You could buy a pollen filter for the air vents in the car.

When should I see a GP?

- If you are experiencing wheezing, breathlessness or tightness in the chest.
- If you are pregnant or breastfeeding.
- If your symptoms are not relieved by over the counter treatments in combination with measures to reduce your exposure to pollen.

More information is available at:

<http://www.nhs.uk/Conditions/Hay-fever/Pages/Introduction.aspx>

<http://www.nhs.uk/Livewell/hayfever/Pages/Hayfeverhome.aspx>

<http://www.patient.co.uk/health/hay-fever>