



St Lawrence Surgery

Self Help

HAY FEVER

Hay fever is an allergy to pollen



"As a fellow tree pollen sufferer I manage my hay fever with medication recommended by the pharmacist and I find local honey from a farm shop works well and tastes brilliant"
comment from Dr J Hathaway

Symptoms of hay fever usually include sneezing, itchy and watery eyes and a stuffy nose.

TIPS TO HELP RELIEVE HAY FEVER

- Keep windows closed at night and first thing in the morning
- Keep car windows closed
- Stay indoors when the pollen count is high (between 50 - 150)
- Wear wraparound sunglasses
- Don't mow the grass or sit in fields or large areas of grass
- Wash your hands and face regularly
- Reduce alcohol consumption
- Eat a healthy balanced diet

HAY FEVER MEDICATION

Hay fever tablets (antihistamines) are very effective at relieving symptoms. There are also liquids, eye drops and nasal sprays to help relieve symptoms. These preventative medications are available at pharmacies or other stores. To maximise the affect of preventative medication it is best to start using them 2 weeks before hay fever season start.

If you have any queries about medication please speak to a pharmacist.

SEEKING HELP

If you feel your over the counter medication is not working seek help and advise from a pharmacist, if however, symptoms persist then contact the surgery and speak to a member of the triage team. Alternately for further advise contact Allergy UK helpline
01322 619898