

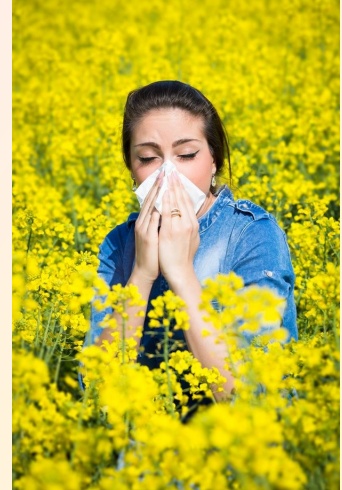
# Hayfever Newsflash - Spring 2017

Written by Mr Bumble Bee

Hayfever is a common allergic condition that affects up to one in five people at some point in their life.

## Do you suffer from Hayfever ?

- sneezing
- a runny nose
- itchy eyes



Hayfever can affect different people at different times of the year depending on your allergy.

## You can have an allergy to:

- tree pollen, released during spring
- grass pollen, released during the end of spring and beginning of summer
- weed pollen, released late autumn

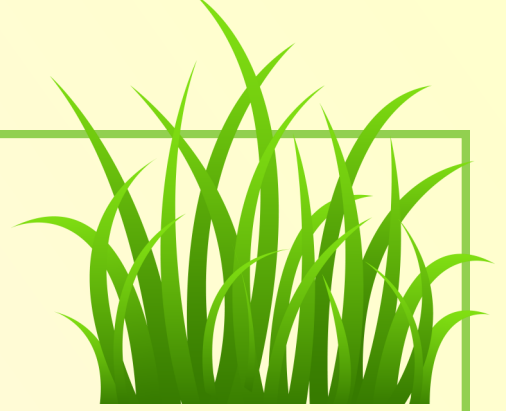
## Medication for Hayfever?

Due to new guidelines implemented, Hayfever now falls under the 'Self-Care Policy'...What does this mean?

This has meant a change to the way GP Practices prescribe medications for minor short-term conditions such as Hayfever.

It is recommended to visit community pharmacies and local outlets including supermarkets who can offer a wealth of information on treating hayfever and can provide Oral antihistamines, nasal sprays and eye drops often cheaper than the cost of a prescription.

## What can I do to help myself?



Under the theme of 'Self-Care' there are also many Self-help tips that can make having Hayfever that little bit easier.

It's sometimes possible to prevent the symptoms of hay fever by taking some basic precautions, such as:

- wearing wraparound sunglasses to stop pollen getting in your eyes when you're outdoors
- taking a shower and changing your clothes after being outdoors to remove the pollen on your body
- staying indoors when the pollen count is high (over 50 grains per cubic metre of air)
- applying a small amount of Vaseline (petroleum gel) to the nasal openings to trap pollen grains



### **Smart Idea**

There are even useful app's you can download onto your phone to tell you when the variation of pollens are especially high!



## **Useful links for Support :**

<http://www.allergyuk.org/>

<http://www.nhs.uk/conditions/hay-fever/pages/>