

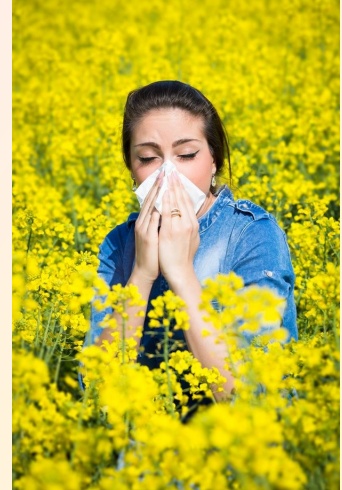
Hayfever Newsflash - Summer 2019

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

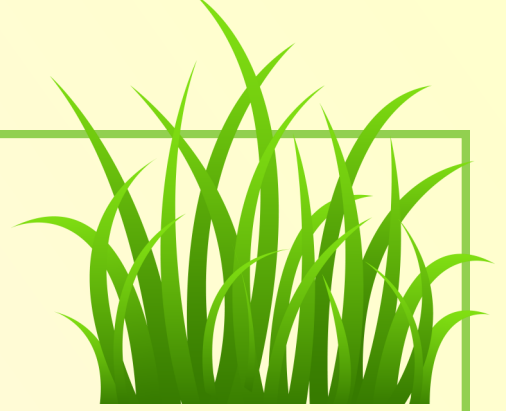
Medication for Hayfever?

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/>